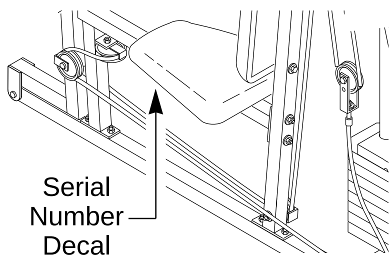
WEIDER PRO®

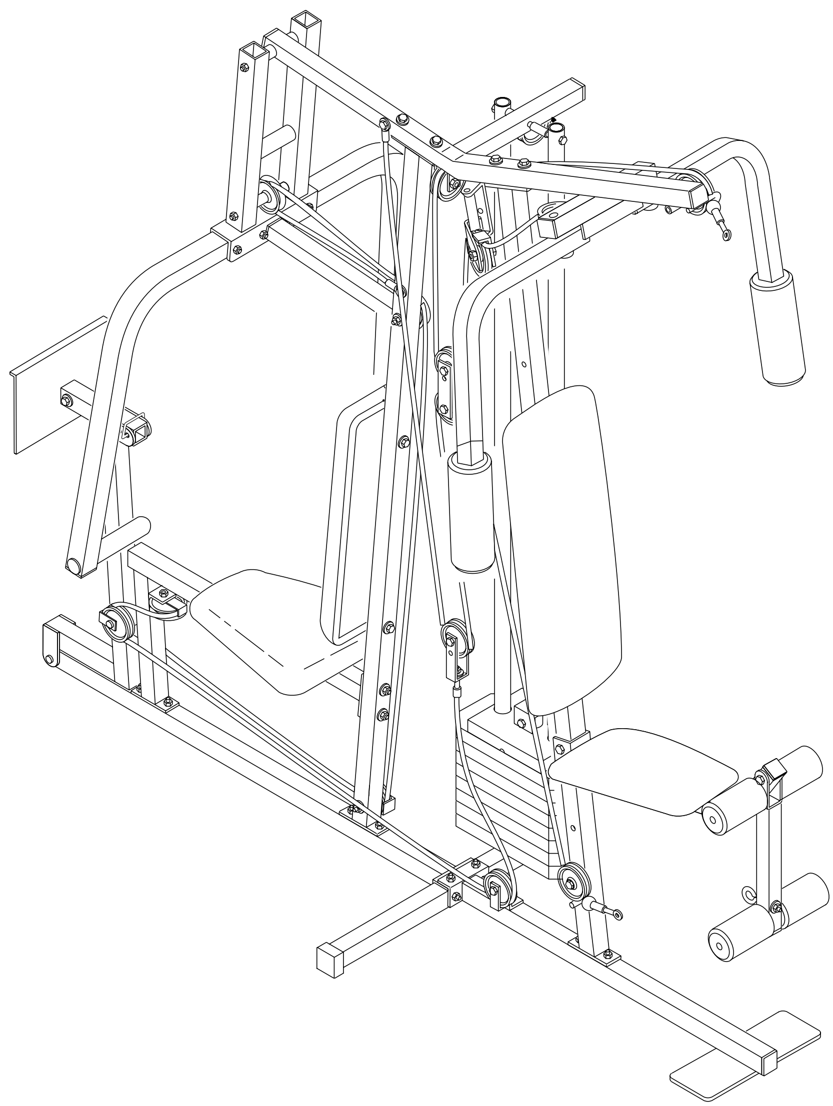
9628

Patent Pending

Model No. 831.159370
Serial No. ___________________

The serial number is found in the location shown below. Write the serial number in the space above.





EXERCISE EQUIPMENT
QUESTIONS
HELPLINE!
1-800-736-6879

SEARS, ROEBUCK AND CO.
HOFFMAN ESTATES, IL 60179

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

Table of Contents

Note: A PART LIST/EXPLODED DRAWING and a PART IDENTIFICATION CHART are attached to the center of this manual. Remove the PART LIST/EXPLODED DRAWING and the PART IDENTIFICATION CHART before beginning assembly.

Important Precautions

WARNING: **To reduce the risk of serious injury, read the following important precautions before using the home gym system.**

1. **It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.**
2. **Read all instructions in this manual and in the accompanying literature before using the home gym system.**
3. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
4. **Use the home gym system only on a level surface. Cover the floor or carpet beneath the home gym system for protection.**
5. **Inspect and tighten all parts often. Replace any worn parts immediately.**
6. **Make sure the Cables remain on the Pulleys at all times. If the Cables bind while you are exercising, stop immediately and make sure the Cables are on all of the Pulleys.**
7. **Always stand on a foot plate when performing an exercise that could cause the home gym system to tip.**
8. **Keep children under the age of 12 and pets away from the home gym system at all times.**
9. **Keep hands and feet away from moving parts.**
10. **The home gym system is designed to be used by only one person at a time.**
11. **Always wear athletic shoes for foot protection when exercising.**
12. **Never release the Press Arm, Butterfly Arms, Leg Lever, Lat Bar or Nylon Strap while Weights are raised. The Weights will fall with great force.**
13. **Always disconnect the Lat Bar from the home gym system when performing an exercise that does not use the Lat Bar.**
14. **The home gym system is intended for home use only. Do not use the home gym system in a commercial, rental or institutional setting.**
15. **When using the leg press station, always make sure the lock pin is fully inserted and folded down over the adjustment tube so it cannot slide out.**

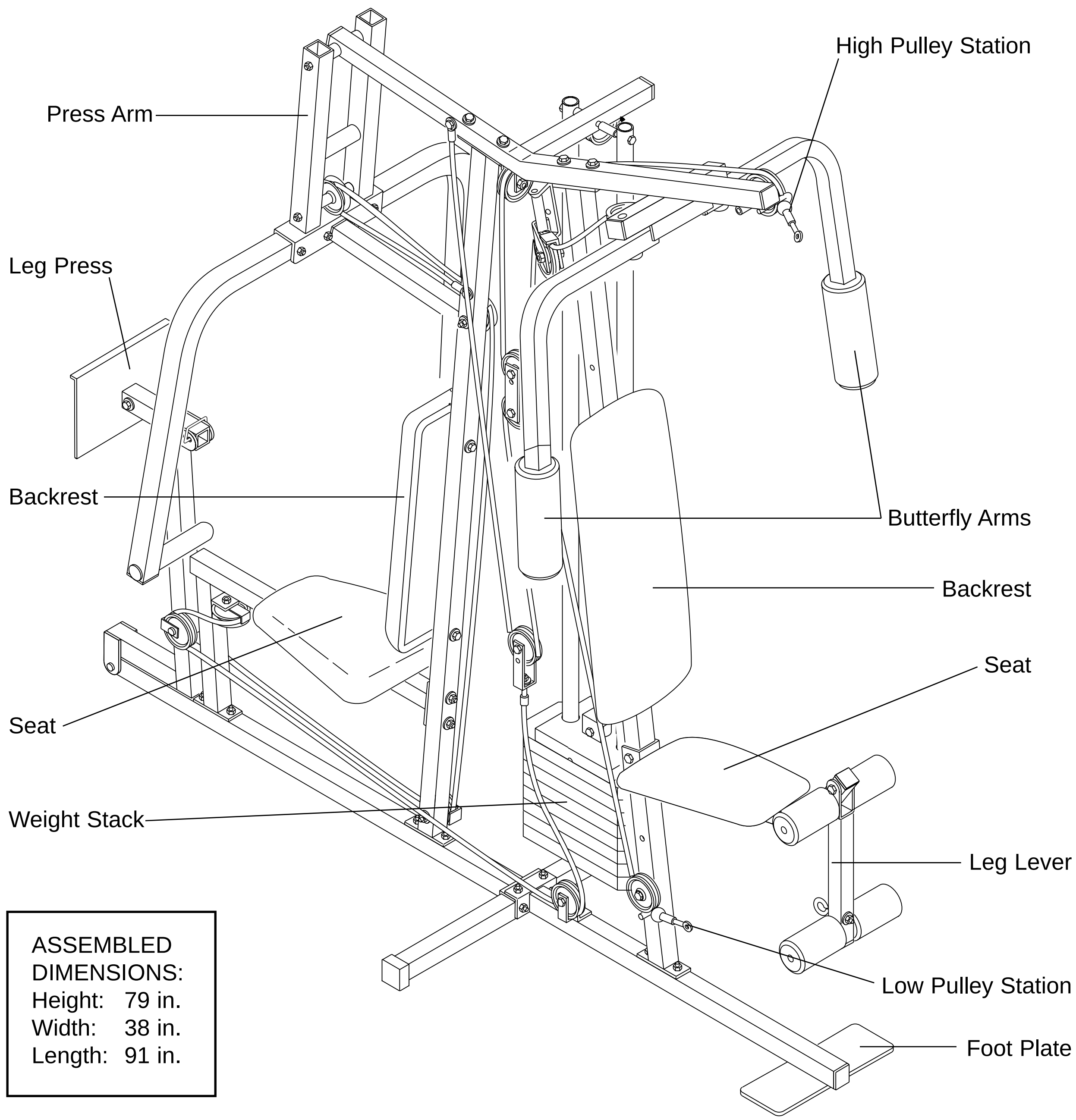
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Before You Begin

Thank you for selecting the versatile WEIDER® PRO 9628 Home Gym System. The PRO 9628 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength or improve your cardiovascular system, the PRO 9628 will help you to achieve the results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 9628 Home Gym System. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.159370. The serial number can be found on a decal attached to the WEIDER® PRO 9628 Home Gym System (see the front cover of this manual).

Please use the drawing below to familiarize yourself with the major parts and how they fit together.



ASSEMBLED DIMENSIONS:

Height:	79 in.
Width:	38 in.
Length:	91 in.

Assembly

Note: This introduction will save you more time than it takes to read it!

Making Things Easier for Yourself

Everything in this manual is designed to ensure that the assembly of our products can be completed successfully by anyone. However, it is important to recognize that your new equipment is a sophisticated product with many small parts. The assembly process will take time—possibly several hours. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, they can avoid feeling rushed or overwhelmed. You may want to complete the process over a couple of evenings.

Giving Yourself a Good Start

Before you begin the assembly process itself, take the time to complete the steps outlined here.

Clearing the Workspace

Clear a workspace that is large enough to hold all parts and allow you to walk all the way around the assembled equipment.

Unpacking the Box

To make the assembly process as smooth as possible, we have broken it into separate stages. All parts used in each stage are found in individual packages in the shipping box. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Important: Wait until you begin each assembly stage to open the parts bag labeled for that assembly stage.

Identifying Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART located in the center of this manual. Place the chart on the floor or work table and use it to quickly identify different parts as you open the packages for each step.
Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.

Orienting Parts

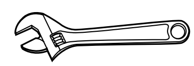
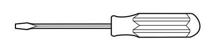
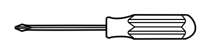
As you assemble this product, be sure that all parts are oriented as shown in the drawings.

Tightening of Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Lining Up the Tools

Assembly requires the following tools (not included):

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water
- Tape, such as clear tape or masking tape

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches or a set of ratchet wrenches.

The Four Stages of the Assembly Process

Frame Assembly

You will begin by assembling the base and the upright frames that serve as the skeleton of the equipment. The seats and all moving parts will be attached to the frame.

Arm Assembly

Completes the press and butterfly arms that you operate while you are exercising.

Cable Assembly

Completes the cables and pulleys that connect the moving arms with each other and with the weights. This ties the different parts together and makes the equipment function as a unit

Seat Assembly

Completes the seats and backrests that support your body while you are exercising.

Frame Assembly

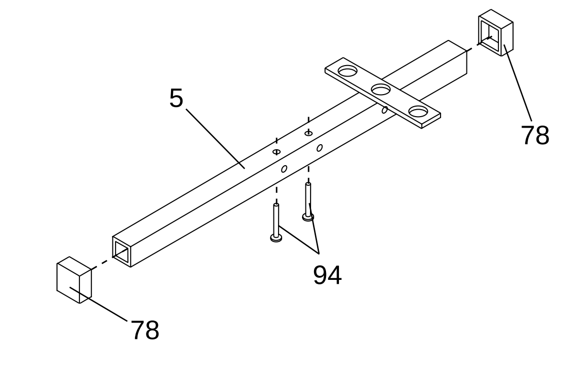
1. **Before beginning, be sure that you have read and understood the information on page 4.**

   Locate and open the parts bag labeled "FRAME ASSEMBLY."

   Press a 2" Square Cover Cap (78) onto each end of the Stabilizer (5).

   Insert two 3/8" x 2 3/4" Carriage Bolts (94) up through the Stabilizer (5) and place it flat on the floor.

1

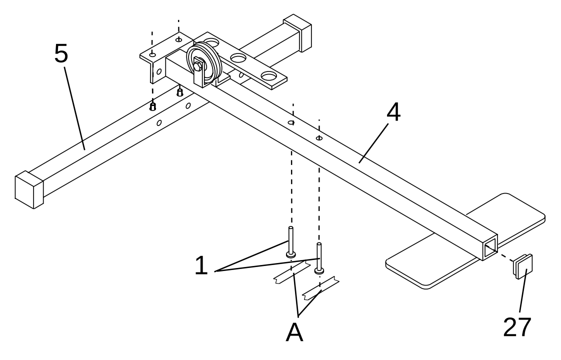


2. Press a 2" Square Inner Cap (27) into the end of the Butterfly Base (4).

   Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Butterfly Base. Secure the Carriage Bolts with pieces of tape (A) to prevent them from falling out.

   Place the Butterfly Base (4) on the floor with the holes in the mounting bracket over the Carriage Bolts in the Stabilizer (5).

2

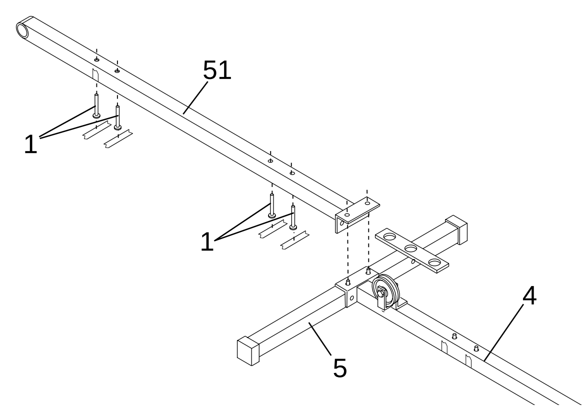


3. Insert four 5/16" x 2 1/2" Carriage Bolts (1) up through the Press Base (51) and secure them with tape.

   Place the Press Base (51) on the floor with the holes in the mounting bracket over the Carriage Bolts in the Stabilizer (5).

   Note: The mounting bracket on the Press Base (51) should be on top of the mounting bracket on the Butterfly Base (4).

3

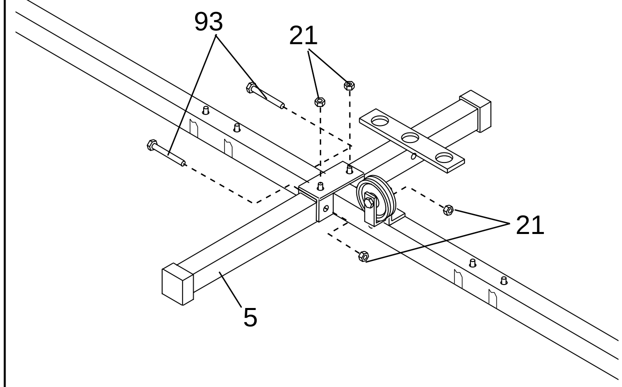


4. Insert two 3/8" x 2 3/4" Bolts (93) through the holes in the two mounting brackets and the Stabilizer (5).

   Hand tighten four 3/8" Nylon Locknuts (21) onto the four Bolts in the mounting brackets and Stabilizer.

   Do not tighten the Nylon Locknuts yet.

4

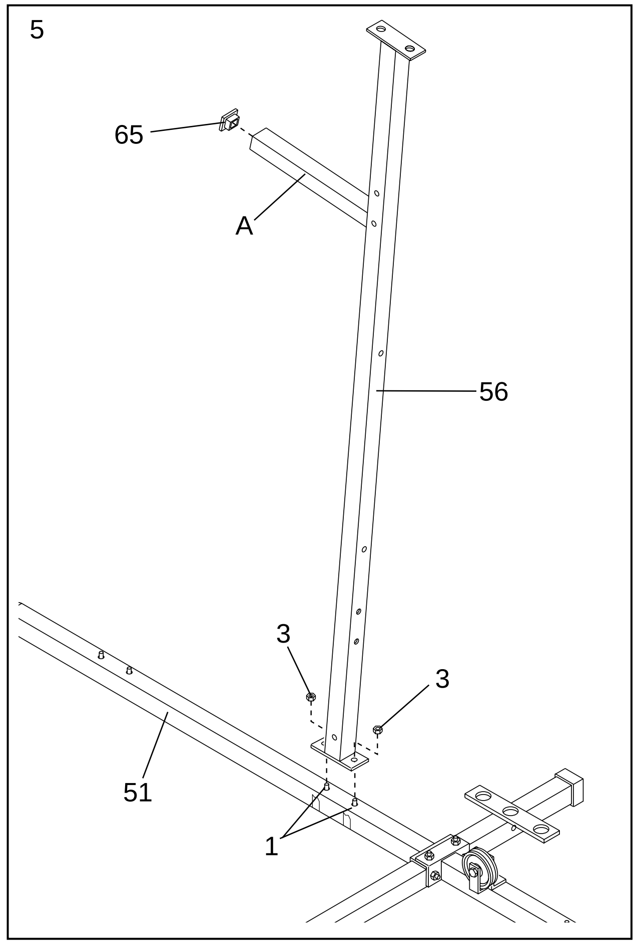


5. Press a 1” Square Inner Cap (65) into the side arm (A) on the Press Upright (56).

   Slide the Press Upright (56) onto the 5/16” x 2 1/2” Carriage Bolts (1) in the Press Base (51). Hand tighten a 5/16” Nylon Locknut (3) onto each Carriage Bolt.

   Do not tighten the Nylon Locknuts yet.

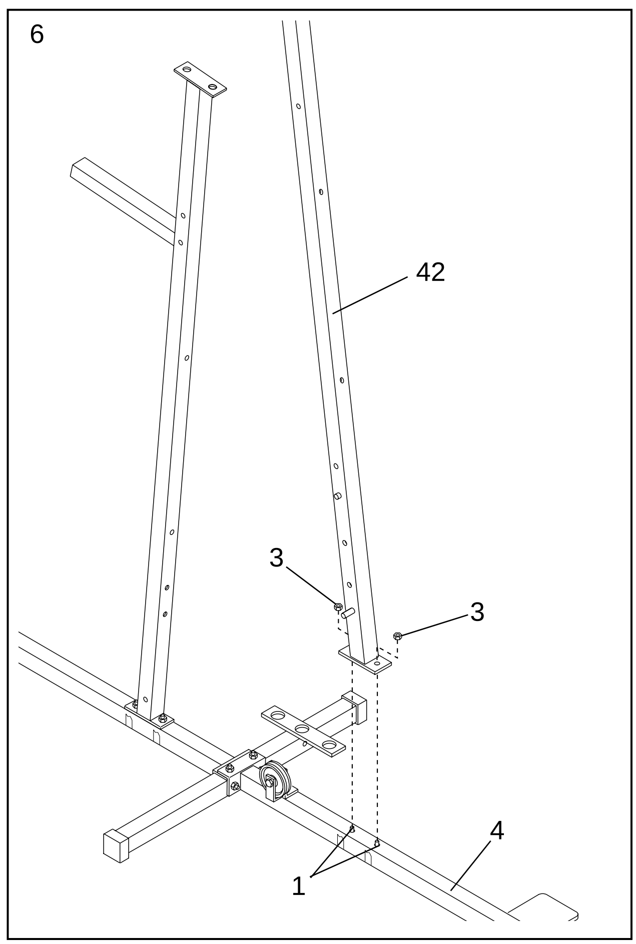
   Note: The Press Upright (56) must be leaning towards the center of the unit with the side arm facing outward.



6. Slide the Butterfly Upright (42) onto the 5/16” x 2 1/2” Carriage Bolts (1) in the Butterfly Base (4). Hand tighten a 5/16” Nylon Locknut (3) onto each Carriage Bolt.

   Do not tighten the Nylon Locknuts yet.

   Note: The Butterfly Upright must be leaning towards the center of the unit.



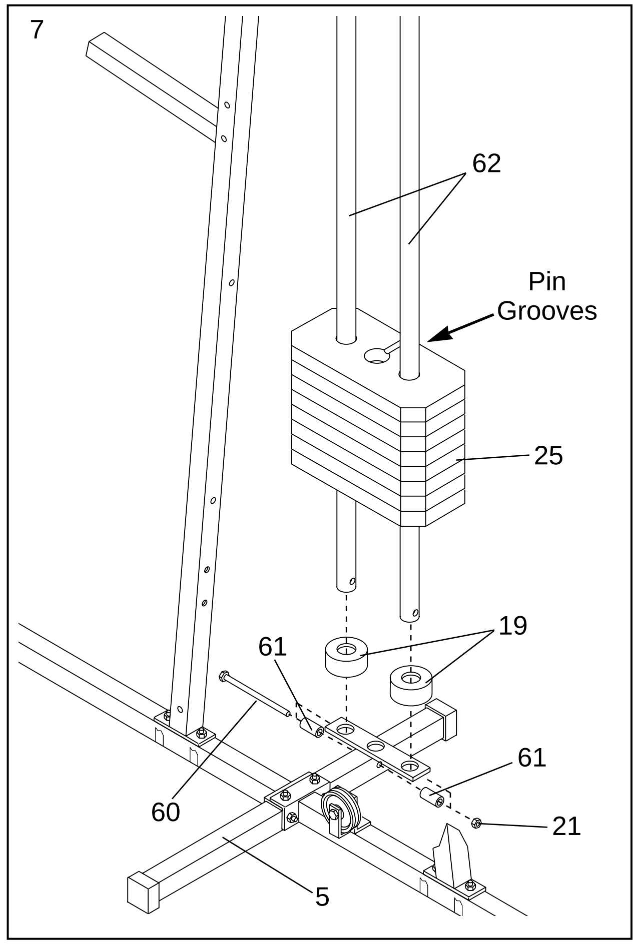
7. Set two Weight Bumpers (19) onto the bracket on the Stabilizer (5).

   Insert both Weight Guides (62) through the Weight Bumpers and the bracket on the Stabilizer (5).

   Attach the lower ends of the Weight Guides (62) to the Stabilizer (5) with a 3/8” x 6” Bolt (60), two 1/2” x 3/4” Spacers (61) and a 3/8” Nylon Locknut (21). Tighten the Nylon Locknut fully.

   Slide eight Weights (25) onto the Weight Guides.

   Make sure all of the Weights are turned so the pin grooves are on the same side and are facing away from the center of the unit.

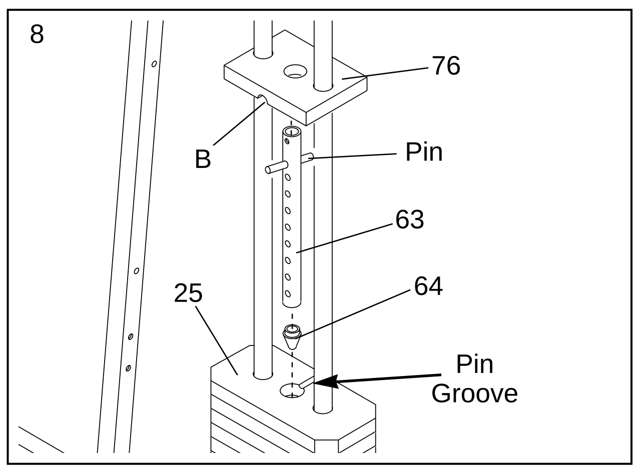


8. Press the Weight Tube Bumper (64) into the end of the Weight Tube (63).

   Insert the Weight Tube into the stack of Weights (25). **Make sure the pin on the Weight Tube is resting in the pin groove in the upper Weight.**

   Lubricate the insides of the holes in the Top Weight (76).

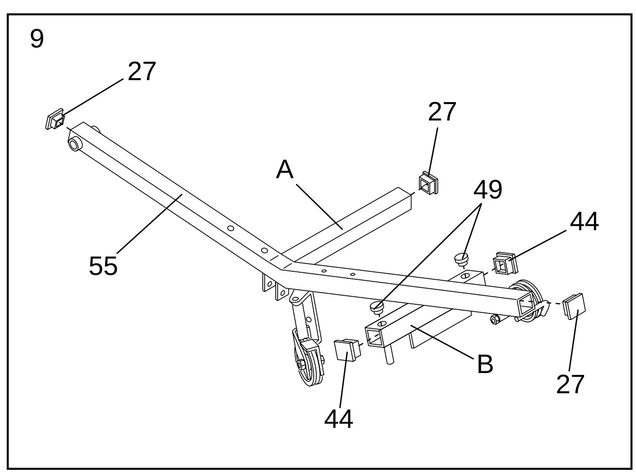
   With the slot (B) facing down, slide the Top Weight onto the Weight Guides and set it on the stack of Weights (25).



9. Press a 2” Square Inner Cap (27) into each end of the Top Frame (55) and the weight support arm (A).

   Press a 1 3/4” Square Inner Cap (44) into each end of the crossbar (B) on the Top Frame.

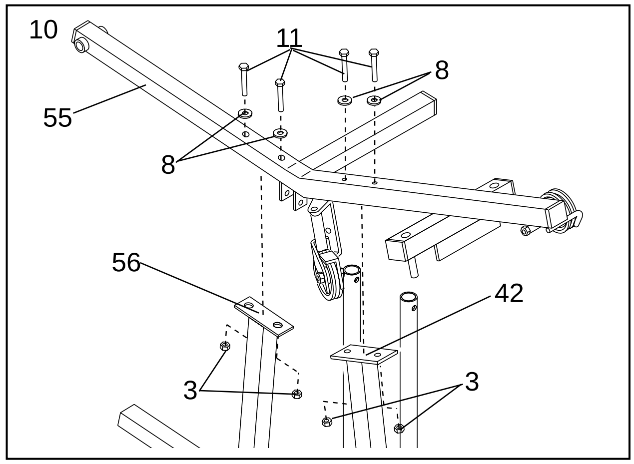
   Press two 1” Round Inner Caps (49) into the top of the crossbar (B).



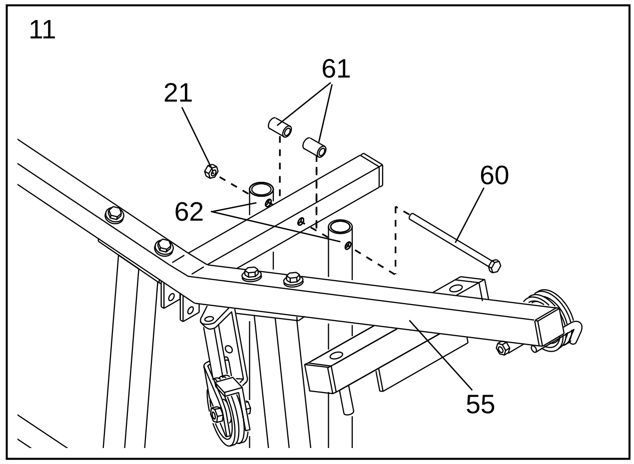
10. Place the Top Frame (55) on top of the two Uprights (56) and (42) in the direction shown. Align the holes in the Top Frame with the holes in the brackets on the Uprights.

Insert four 5/16” x 2 3/4” Bolts (11) with four 5/16” Flat Washers (8) through the holes in the Top Frame (55) and the brackets on the Uprights. Hand tighten a 5/16” Nylon Locknut (3) unto each Bolt.

Do not tighten the Nylon Locknuts yet.



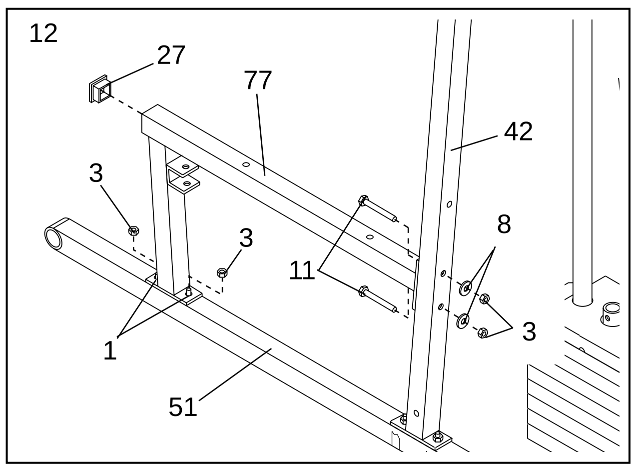
11. Attach the upper ends of the Weight Guides (62) to the Top Frame (55) with a 3/8” x 6” Bolt (60), two 1/2” x 3/4” Spacers (61) and a 3/8” Nylon Locknut (21). Tighten the Nylon Locknut fully.



12. Press a 2” Square Inner Cap (27) into the Press Seat Frame (77). Slide the Press Seat Frame onto the 5/16” x 2 1/2” Carriage Bolts (1) in the Press Base (51).

Insert two 5/16” x 2 3/4” Bolts (11) through the bracket on the Seat Frame and through the holes in the Press Upright (42). Hand tighten a 5/16” Nylon Locknut (3) and a 5/16” Flat Washer (8) onto each Carriage Bolt.

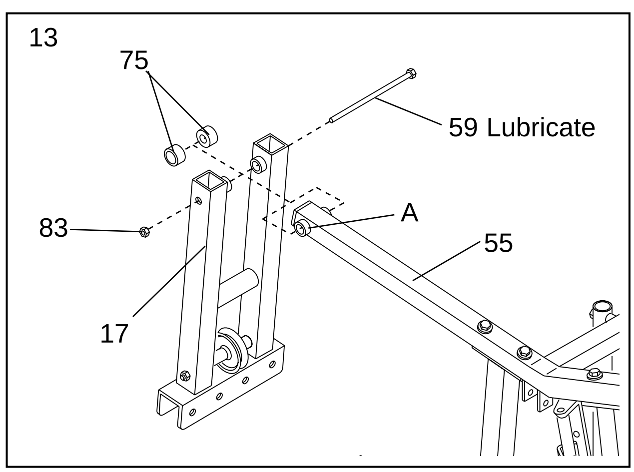
Tighten all Nylon Locknuts used in steps 4 through 12.



Arm Assembly

13. **Press Arm Assembly—Locate and open the parts bag labeled “ARM ASSEMBLY.”**

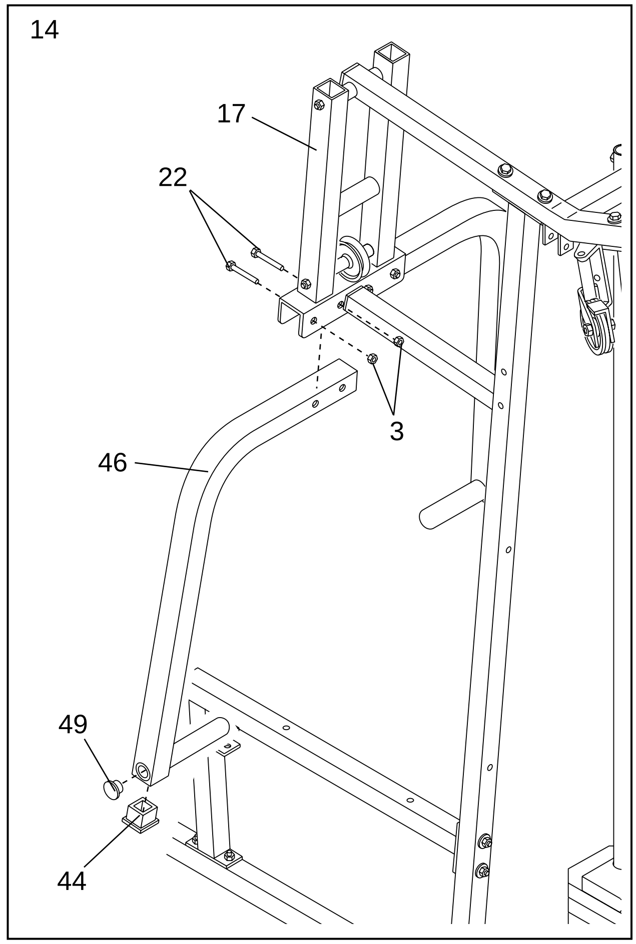
Press a 1” x 7/8” Plastic Bushing (75) onto each welded spacer on the Press Frame (17). Align the welded spacers on the Press Frame with the tube (A) on the Top Frame (55). **Note: This will be a tight fit. The Plastic Bushings should fit onto the ends of the tube on the Top Frame.** Lubricate the 3/8” x 7 1/2” Bolt (59). Attach the Press Frame to the Top Frame with the Bolt and a 3/8” Nylon Jam Nut (83).



14. Press a 1 3/4” Square Inner Cap (44) into the lower end of each Press Arm (46).

    Press a 1” Round Inner Cap (49) into the side of each Press Arm.

    Attach each Press Arm to the Press Frame (17) with two 5/16” x 2 1/2” Bolts (22) and two 5/16” Nylon Locknuts (3).

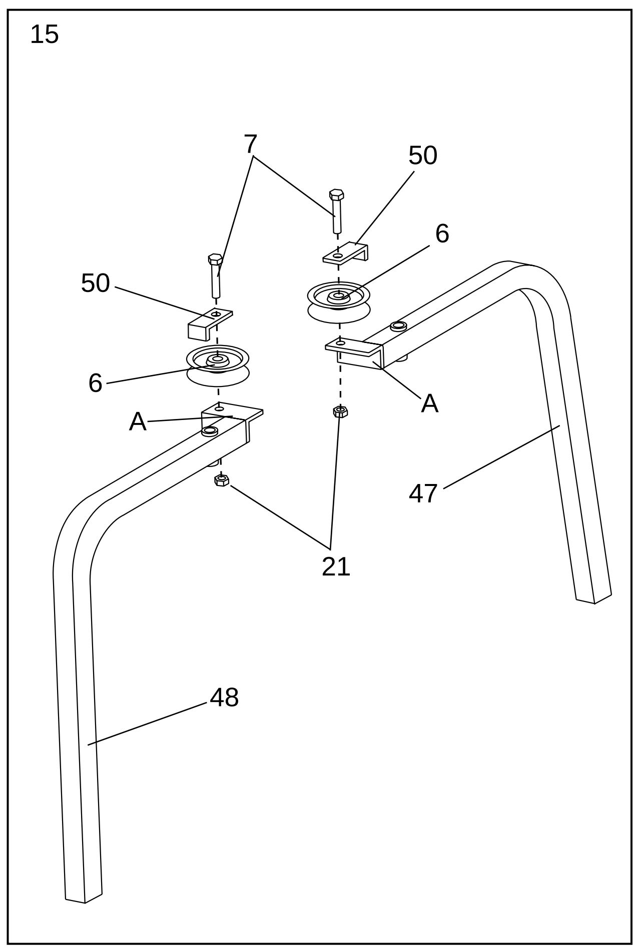


15. **Butterfly Arm Assembly**

    Attach a “V”-Pulley (6) and a Long Cable Trap (50) to each Butterfly Arm (47) and (48) with a 3/8” x 2 1/2” Bolt (7) and a 3/8” Nylon Locknut (21).

    Make sure the Long Cable Traps (50) are positioned as shown.

    Identify the Right Arm (48) and the Left Arm (47) by imagining yourself sitting on the seat. Note the position of the welded bracket (A) on each Arm. **Arm identification is very important for the next step.**



16. Lubricate both axles (A) on the Top Frame (55).

Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right and Left Arm.**

Make sure the upper end of the Right Arm is behind the indicated bracket (B) on the Top Frame.

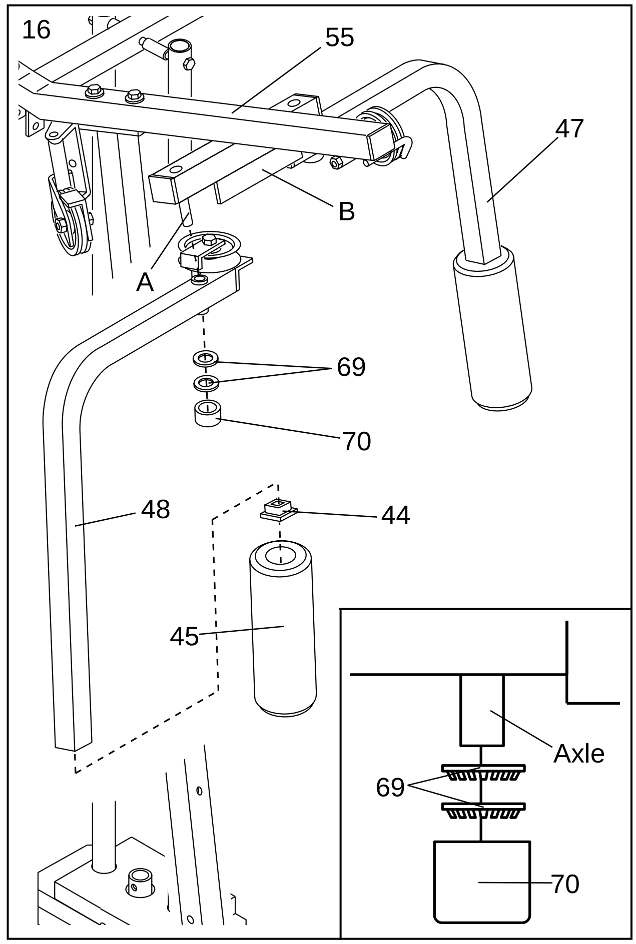
Tap two 1” Retainers (69) and a 1” Round Cover Cap (70) onto the right axle.

Make sure the teeth on the Retainers (69) bend toward the Cover Cap (70), as shown in the inset drawing.

Attach the Left Arm (47) in the same manner.

Press a 1 3/4” Square Inner Cap (44) into the lower end of each Arm (47) and (48).

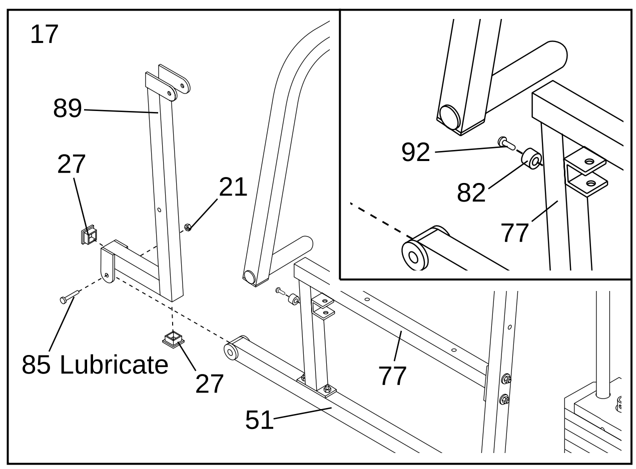
Wet the lower end of each Arm with soapy water. Slide a 10” Pad (45) onto the lower end of each Arm.



17. Refer to the inset drawing. Attach the Bumper (82) to the Press Seat Frame (77) with the 1” Tap Screw (92).

Press a 2” Square Inner Cap (27) into each end of the Leg Press Arm (89).

Lubricate the 3/8” x 3 1/4” Bolt (85). Attach the Leg Press Arm (89) to the Press Base (51) with the Bolt and a 3/8” Nylon Locknut (21).

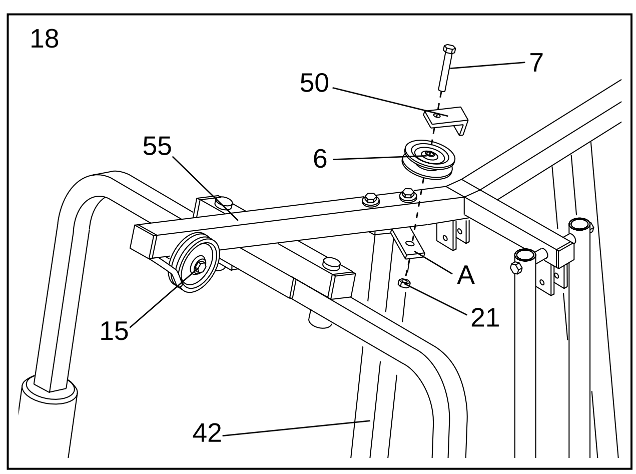


Cable Assembly

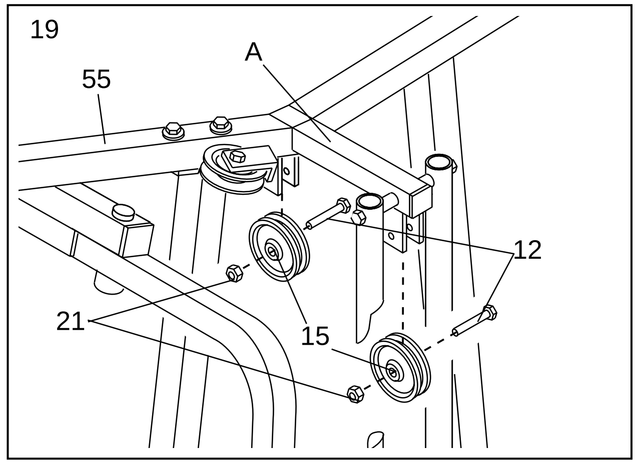
18. **Locate and open the parts bag labeled “Cable Assembly and Pulleys.” For Cable identification and routing during steps 18-35, refer to the Cable Diagram and Cable ID Chart on page 19.**

Tighten the Bolt and Locknut on the pre-assembled Pulley (15) on the Top Frame (55)

Attach a “V”-Pulley (6) and a Long Cable Trap (50) to the indicated bracket (A) on the Butterfly Upright (42) with a 3/8” x 2 1/2” Bolt (7) and a 3/8” Nylon Locknut (21). **Make sure the Long Cable Trap is positioned as shown, so it will hold the Cable in place.**



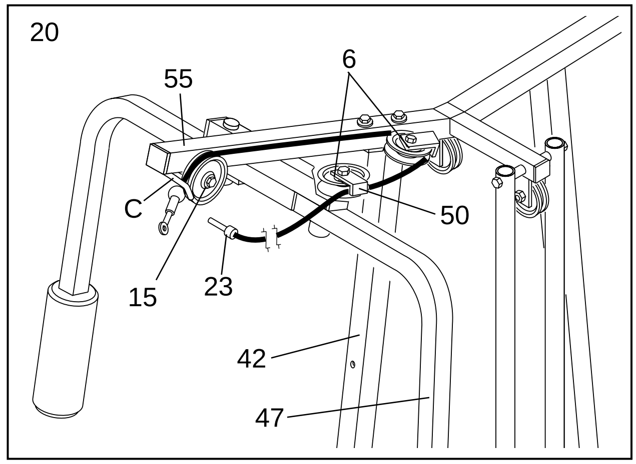
19. Attach two 3 1/2” Pulleys (15) to the weight support arm (A) on the Top Frame (55) with two 3/8” x 2” Bolts (12) and two 3/8” Nylon Locknuts (21).



20. Locate the Short Cable (23). It has a ball on one end and a threaded tip on the other.

Feed the threaded end of the Short Cable (23) between the pre-assembled 3 1/2” Pulley (15) and the hook (C) on the Top Frame (55). Next, route the Short Cable around the angled “V”-Pulley (6) on the Butterfly Upright (42) and then around the “V”-Pulley (6) on the Left Butterfly Arm (47).

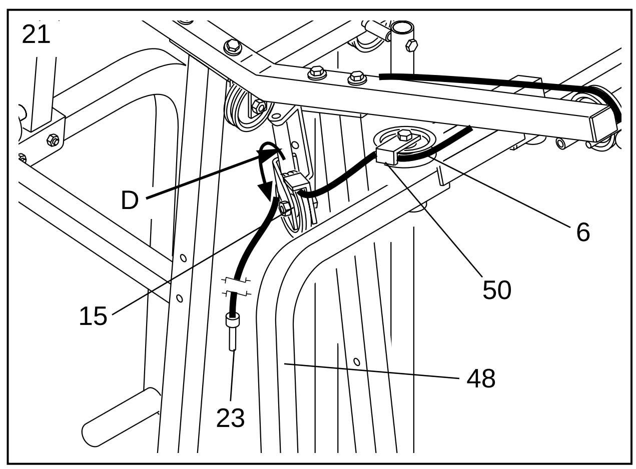
Make sure the Long Cable Trap (50) is positioned to hold the Cable in place. If necessary, adjust the position of the Long Cable Trap.



21. Move to the other side of the unit. Route the Short Cable (23) around the “V”-Pulley (6) on the Right Butterfly Arm (48). **Make sure the Long Cable Trap (50) is positioned as shown.**

Tighten the Bolt and Locknut on the pulley bracket (D).

Tighten the Bolt and Locknut on the pre-assembled Pulley (15) attached to the pulley bracket (D). Route the Short Cable (23) around the Pulley in the direction shown. **Make sure the Long Cable Trap (50) is positioned to hold the Cable in place.**

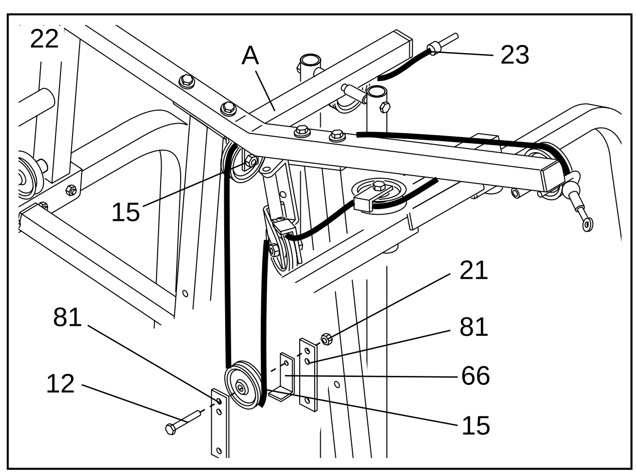


22. Attach the 3 1/2” Pulley (15) and a Cable Trap (66) to the two “I”-plates (81) with a 3/8” x 2“ Bolt (12) and a 3/8” Nylon Locknut (21).

Make sure the Cable Trap (66) is positioned as shown.

Route the Short Cable (23) around the Pulley (15) attached to the “I”-plates in the direction shown.

Route the Short Cable (23) through the first 3 1/2” Pulley (15) on the weight support arm (A).



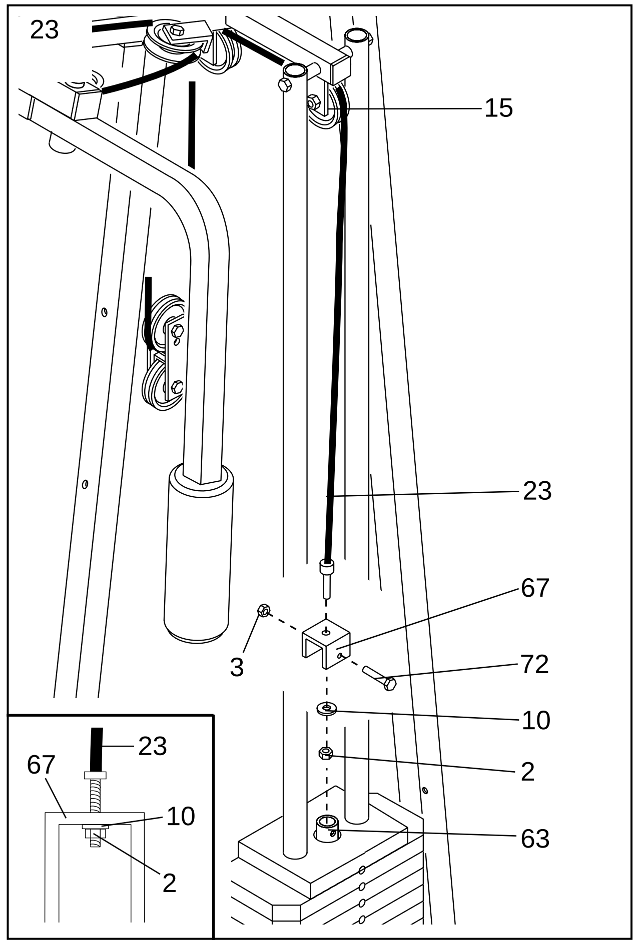
23. Move to the other side of the unit. Route the Short Cable (23) through the second 3 1/2” Pulley (15) on the weight support arm.

Make sure the Short Cable (23) is in the groove of all Pulleys and that the Cable and the Pulleys move smoothly.

Attach the Short Cable (23) to the Small “U”-Bracket (67) with a 1/4” Nylon Locknut (2) and a 1/4” Flat Washer (10).

Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.

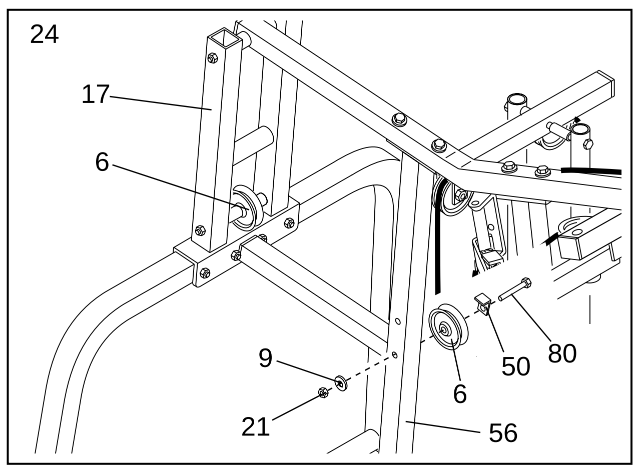
Attach the small “U”-Bracket (67) to the Weight Tube (63) with the 5/16” x 1 3/4” Bolt (72) and a 5/16” Nylon Locknut (3).



24. Attach a “V”-Pulley (6) and a Long Cable Trap (50) to the lower hole on the Press Upright (56) with a 3/8” x 4 1/4” Bolt (80), a 3/8” Flat Washer (9) and a 3/8” Nylon Locknut (21).

Make sure the “V”-Pulley is on the indicated side of the Press Upright and that the Long Cable Trap is positioned as shown.

Tighten the Bolt and Locknut on the pre-assembled “V”-pulley (6) on the Press Frame (17).

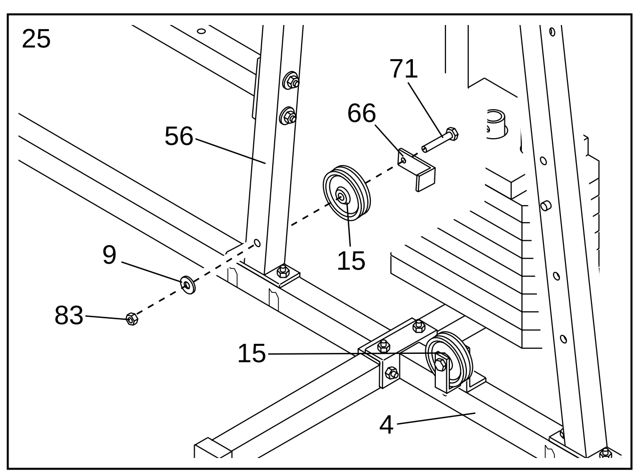


25. Attach a 3 1/2” Pulley (15) and a Cable Trap (66) to the lower end of the Press Upright (56) with a 3/8” x 3 3/4” Bolt (71), a 3/8” Flat Washer (9) and a 3/8” Nylon Jam Nut (83).

Make sure the Pulley is on the right side of the Upright and that the Cable Trap is positioned as shown.

Tighten the Bolt and Locknut on the pre-assembled Pulley (15) on the Butterfly Base (4).

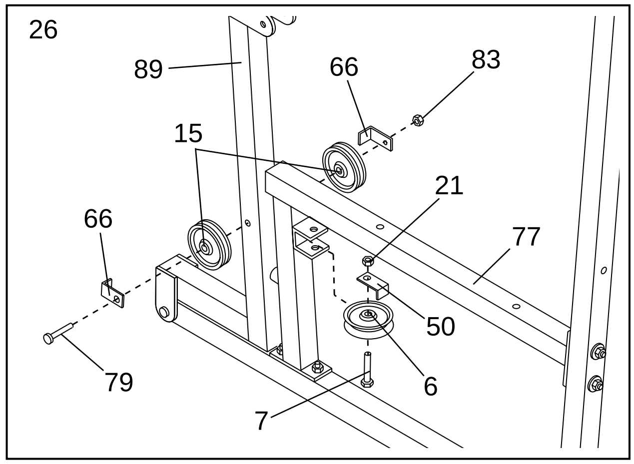
Make sure the Cable Trap is positioned as shown.



26. Attach a “V”-Pulley (6) and a Long Cable Trap (50) to the bracket on the Press Seat Frame (77) with a 3/8” x 2 1/2” Bolt (7) and a 3/8” Nylon Locknut (21). It may be necessary to place the Long Cable Trap on top of the bracket.

Make sure the Long Cable Trap is positioned as shown.

Attach two 3 1/2” Pulleys (15) and two Cable Traps (66) to the Leg Press Arm (89) with a 3/8” x 4 1/2” Bolt (79) and a 3/8” Nylon Jam Nut (83). **Make sure the Cable Traps are positioned as shown.**



27. Locate the Long Cable (58). It has a closed loop on one end and a threaded tip on the other.

Attach the closed loop to the Press Upright (56) with a 5/16” x 2 3/4” Bolt (11), a 5/16” Flat Washer (8) and a 5/16” Nylon Locknut (3).

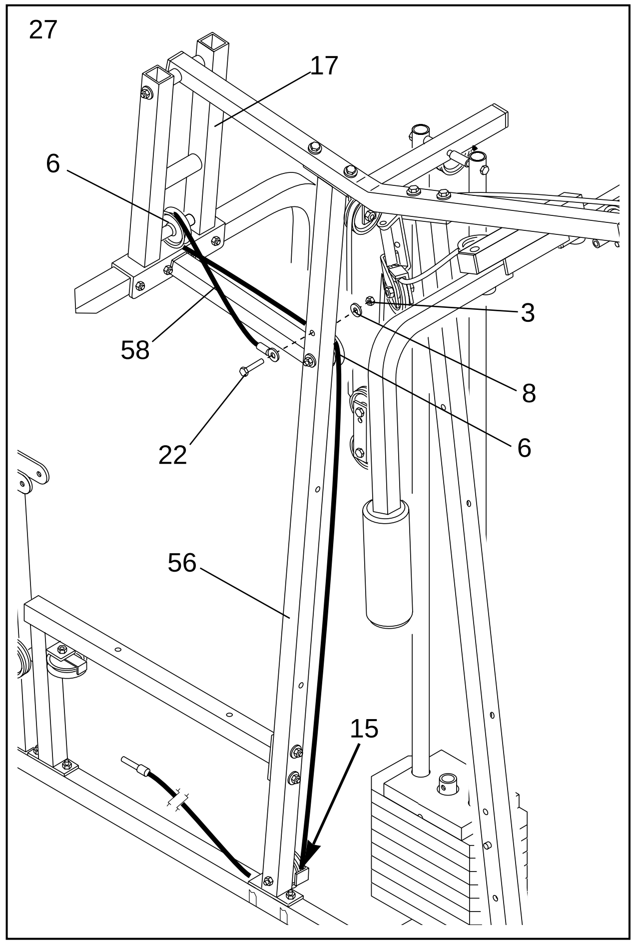
Make sure the flat side of the closed loop is turned towards the Upright.

Make sure the Long Cable is attached on the indicated side of the Press Upright.

Route the threaded end of the Long Cable around the “V”-Pulley (6) on the Press Frame (17) in the direction shown.

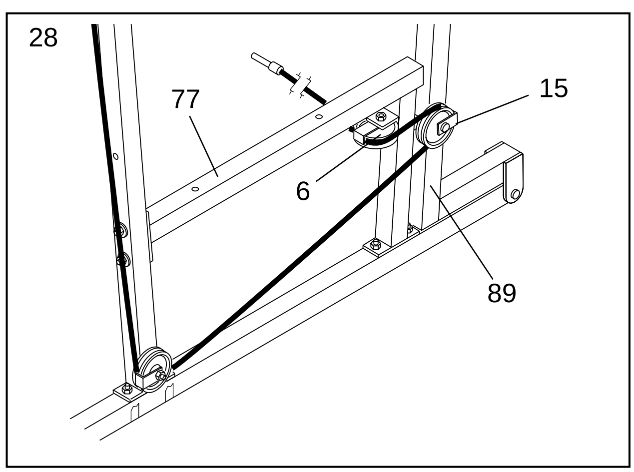
Route the Long Cable around the “V”-Pulley (6) on the Press Upright (56) in the direction shown.

Route the Long Cable around the 3 1/3” Pulley (15) on the Press Upright in the direction shown.

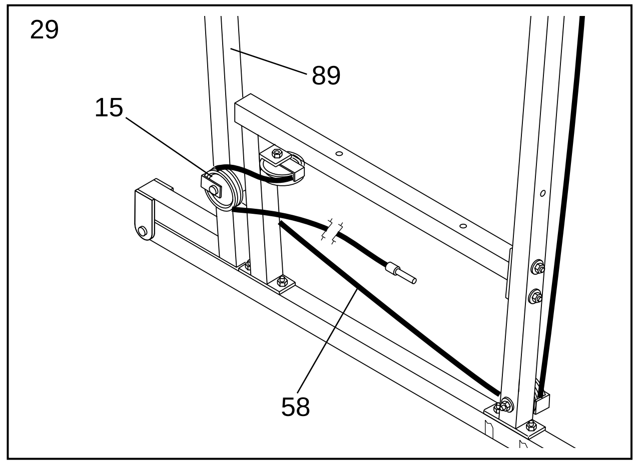


28. Route the Long Cable (58) around the indicated 3 1/2” Pulley (15) on the Leg Press Arm (89) in the direction shown.

Route the Long Cable around the “V”-Pulley (6) on the Press Seat Frame (77) in the direction shown.



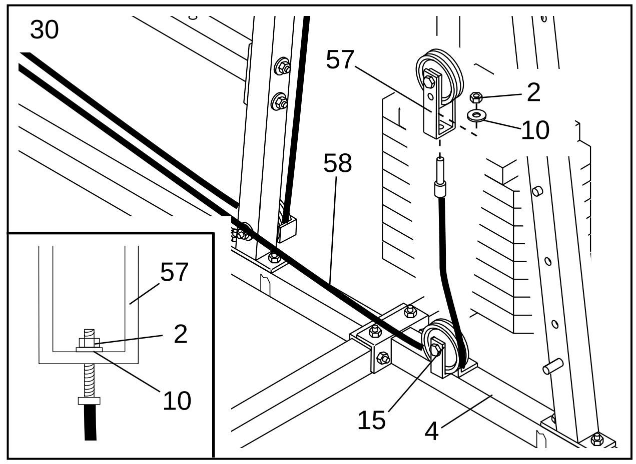
29. Move to the other side of the unit. Route the Long Cable (58) around the second 3 1/2” Pulley (15) on the Leg Press Arm (89) in the direction shown.



30. Route the Long Cable (58) around the 3 1/2” Pulley (15) on the Butterfly Base (4).

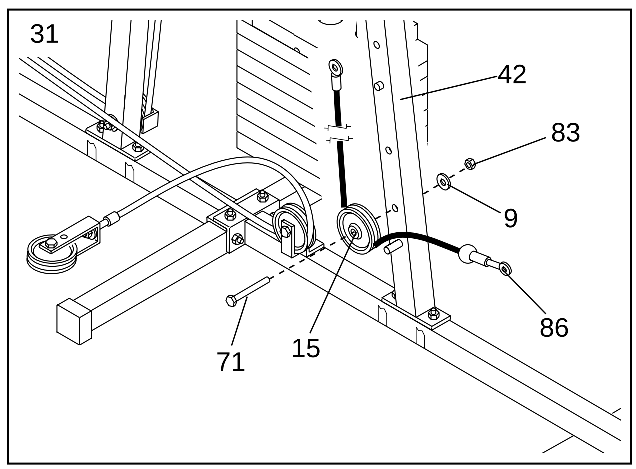
Attach the Long Cable to the Long “U”-Bracket (57) with a 1/4” Nylon Locknut (2) and a 1/4” Flat Washer (10).

Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.



31. Locate the Medium Cable (86). It has a closed loop on one end and a ball on the other.

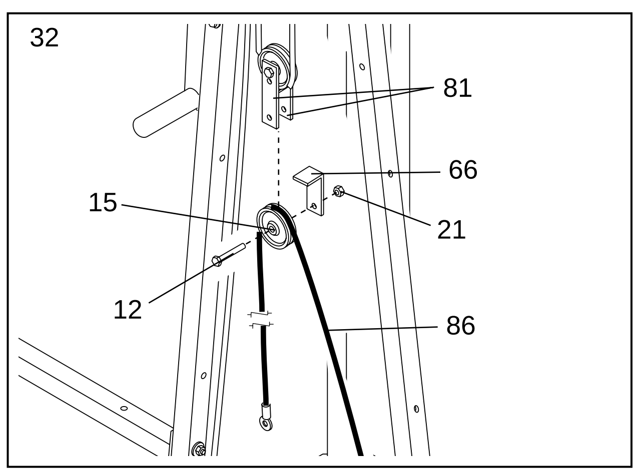
Wrap the end of the Medium Cable with the ball around a 3 1/2” Pulley (15) in the direction shown. Attach the Pulley to the Butterfly Upright (42) with a 3/8” x 3 3/4” Bolt (71), a 3/8” Flat Washer (9) and a 3/8” Nylon Jam Nut (83).



32. Wrap the Medium Cable (86) around a 3 1/2” Pulley (15) in the direction shown.

Attach the 3 1/2” Pulley (15) and a Cable Trap (66) to the two “I”-plates (81) with a 3/8” x 2“ Bolt (12) and a 3/8” Nylon Locknut (21).

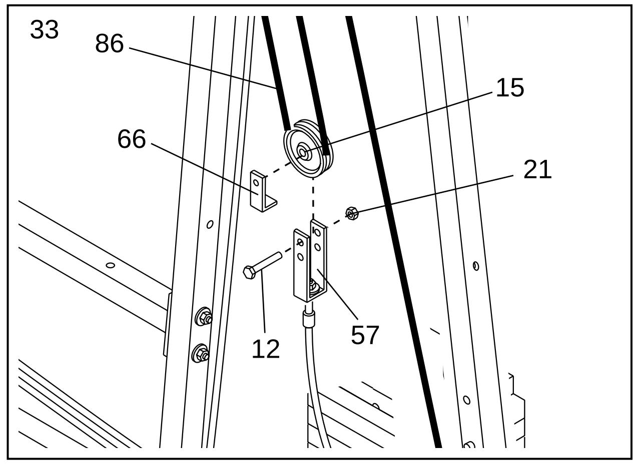
Make sure the Cable Trap (66) is positioned as shown.



33. Remove the 3 1/2” Pulley (15) from the Long “U”-Bracket (57).

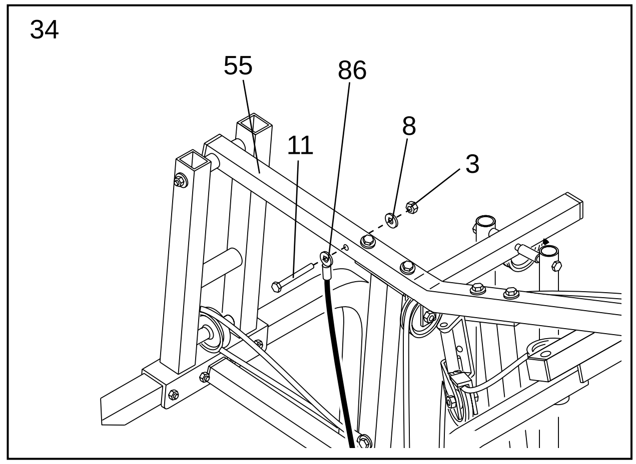
Route the Medium Cable (86) around the Pulley in the direction shown.

Re-attach the Pulley to the Long “U”-Bracket (57) with the 3/8” x 2” Bolt (12) and the 3/8” Nylon Locknut (21). **Make sure the Cable Trap (66) is positioned as shown.**



34. Attach the closed loop on the end of the Medium Cable (86) to the Top Frame (55) with a 5/16” x 2 3/4” Bolt (11), a 5/16” Flat Washer (8) and a 5/16” Nylon Locknut (3).

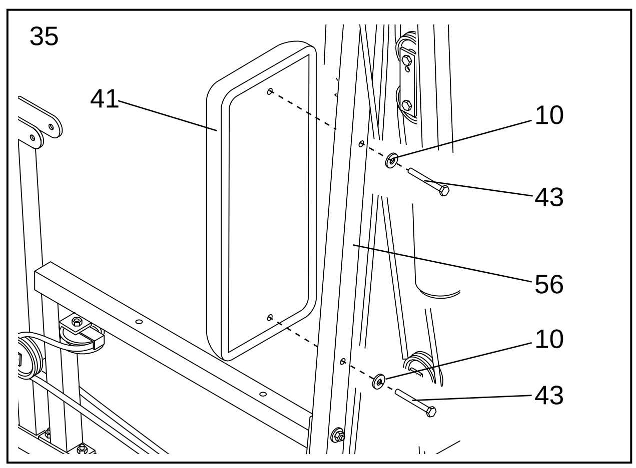
Make sure the flat side of the closed loop is turned towards the Top Frame.



Seat Assembly

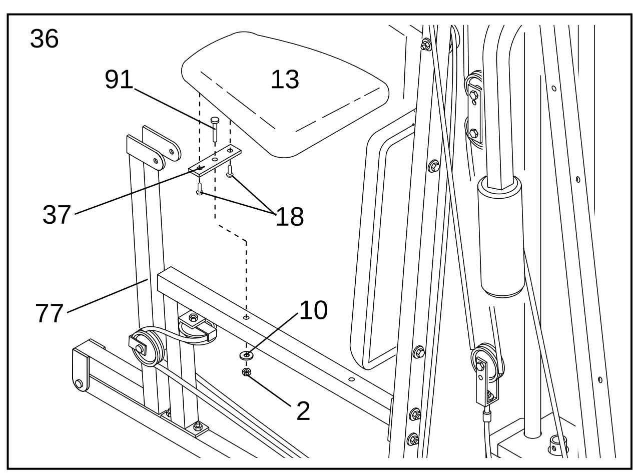
35. **Locate and open the parts bag labeled “Seat Assembly.”**

Attach the Backrest (41) with the name decal to the Press Upright (56) with two 1/4” x 2 1/2” Screws (43) and two 1/4” Flat Washers (10).

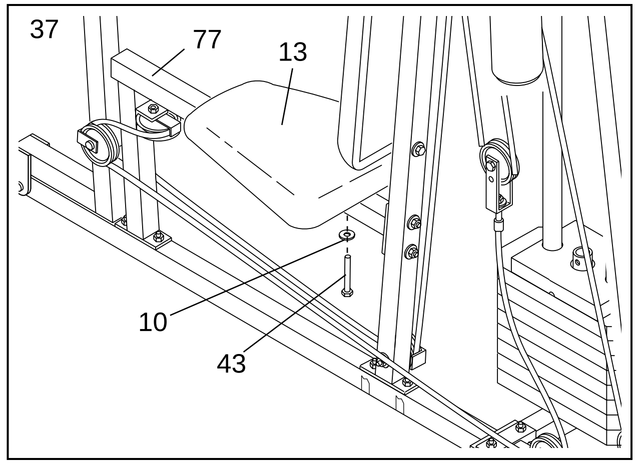


36. Insert the 1/4” x 2 1/2” Carriage Bolt (91) into the center hole in a Seat Plate (37). Attach the Seat Plate to a Seat (13) with two 1/4” x 3/4” Screws (18).

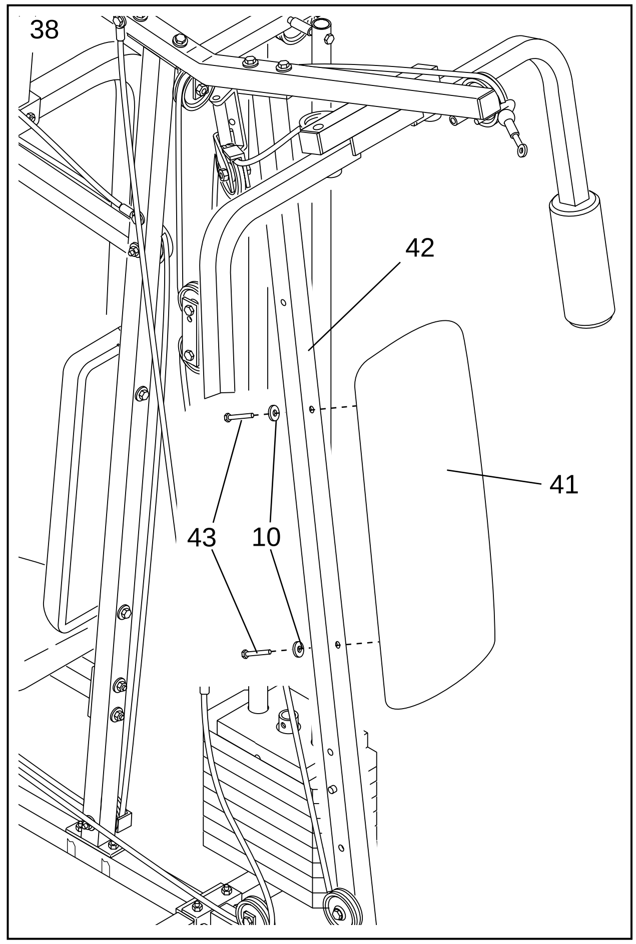
Insert the 1/4” x 2 1/2” Carriage Bolt (91) into the indicated hole in the Press Seat Frame (77). Tighten a 1/4” Nylon Locknut (2) with a 1/4” Flat Washer (10) onto the Carriage Bolt.



37. Attach the other end of the Seat (13) to the Press Seat Frame (77) with a 1/4” Flat Washer (10) and a 1/4” x 2 1/2” Screw (43).



38. Move to the other end of the unit. Attach the remaining Backrest (41) to the Butterfly Upright (42) with two 1/4” x 2 1/2” Screws (43) and two 1/4” Flat Washers (10).



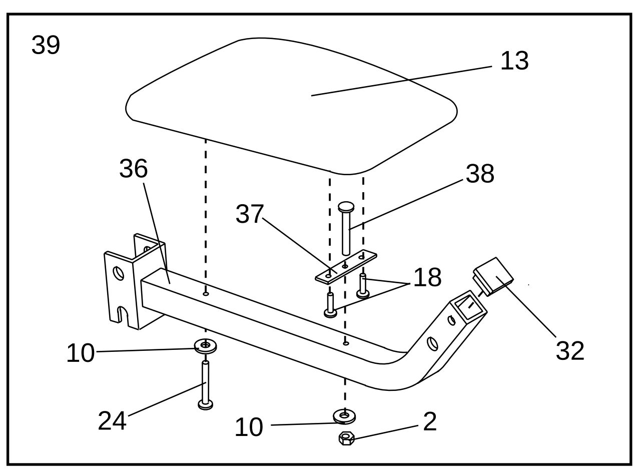
39. Press a 1 1/2” Square Inner Cap (32) into the Butterfly Seat Frame (36).

Insert the 1/4” x 2” Carriage Bolt (38) into the center hole in a Seat Plate (37).

Attach the Seat Plate to the Seat (13) with two 1/4” x 3/4” Screws (18).

Insert the 1/4” x 2” Carriage Bolt (38) into the indicated hole in the Butterfly Seat Frame. Tighten a 1/4” Nylon Locknut (2) with a 1/4” Flat Washer (10) onto the Carriage Bolt.

Attach the other end of the Seat to the Butterfly Seat Frame with a 1/4” Flat Washer (10) and the 1/4” x 2 1/4” Screw (24).

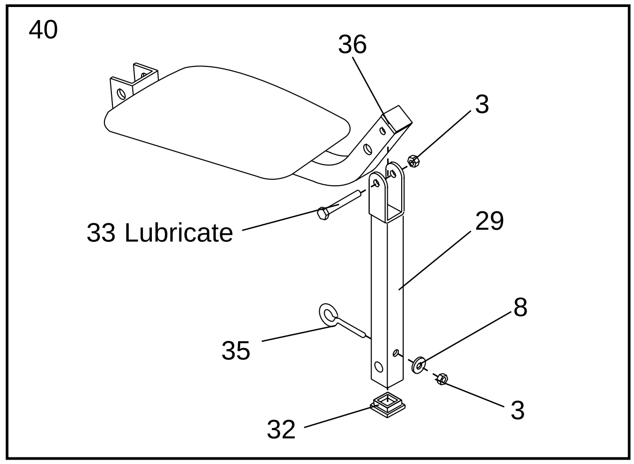


40. Press a 1 1/2” Square Inner Cap (32) into the Leg Lever (29).

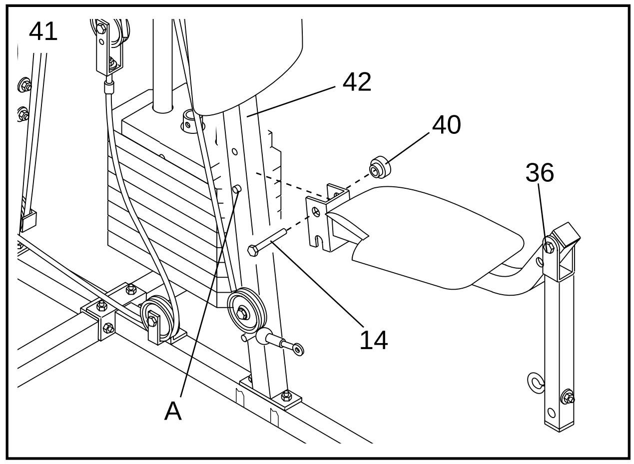
Lubricate the 5/16” x 2 1/4” Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16” Nylon Locknut (3).

Do not overtighten the Nylon Locknut. The Leg Lever must be able to pivot freely.

Insert the 5/16” x 2” Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten a 5/16” Nylon Locknut (3) with a 5/16” Flat Washer (8) onto the Eyebolt.



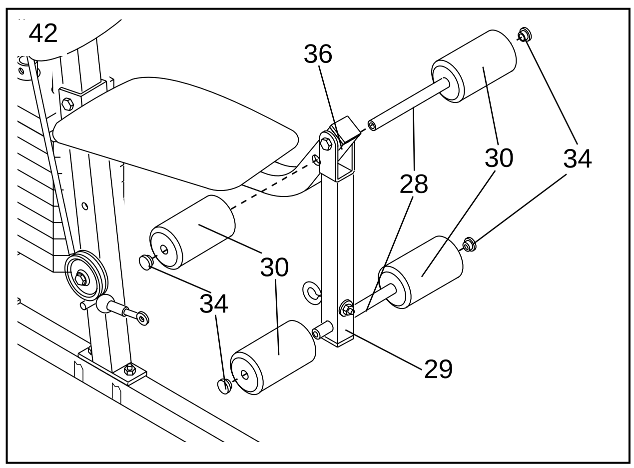
41. Rest the Butterfly Seat Frame (36) on the indicated pin (A) in the Butterfly Upright (42). Attach the Butterfly Seat Frame to the Butterfly Upright with a 5/16” x 2 3/4” Carriage Bolt (14) and the Seat Knob (40).



42. Press two 3/4” Round Inner Caps (34) into each Pad Tube (28).

Insert one Pad Tube into the Butterfly Seat Frame (36). Slide a Foam Pad (30) onto each end of the Pad Tube.

Insert the other Pad Tube into the Leg Lever (29). Slide a Foam Pad (30) onto each end of the Pad Tube.



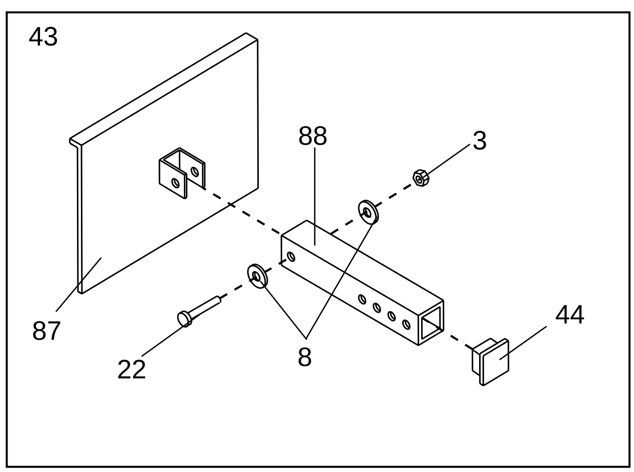
Miscellaneous Assembly

43. **Leg Press Assembly**

Attach the Leg Press Plate (87) to the Adjustment Tube (88) with a 5/16” x 2 1/2” Bolt (22), two 5/16” Flat Washers (8) and a 5/16” Nylon Locknut (3).

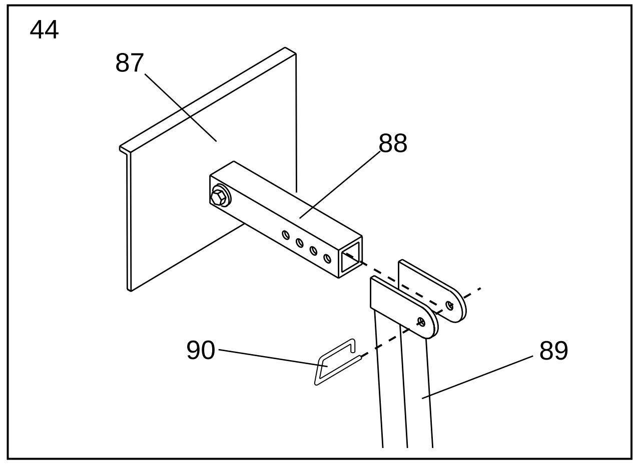
Make sure the Leg Press Plate and the Adjustment Tube are oriented as shown.

Press a 1 3/4” Square Inner Cap (44) into the Adjustment Tube (88).

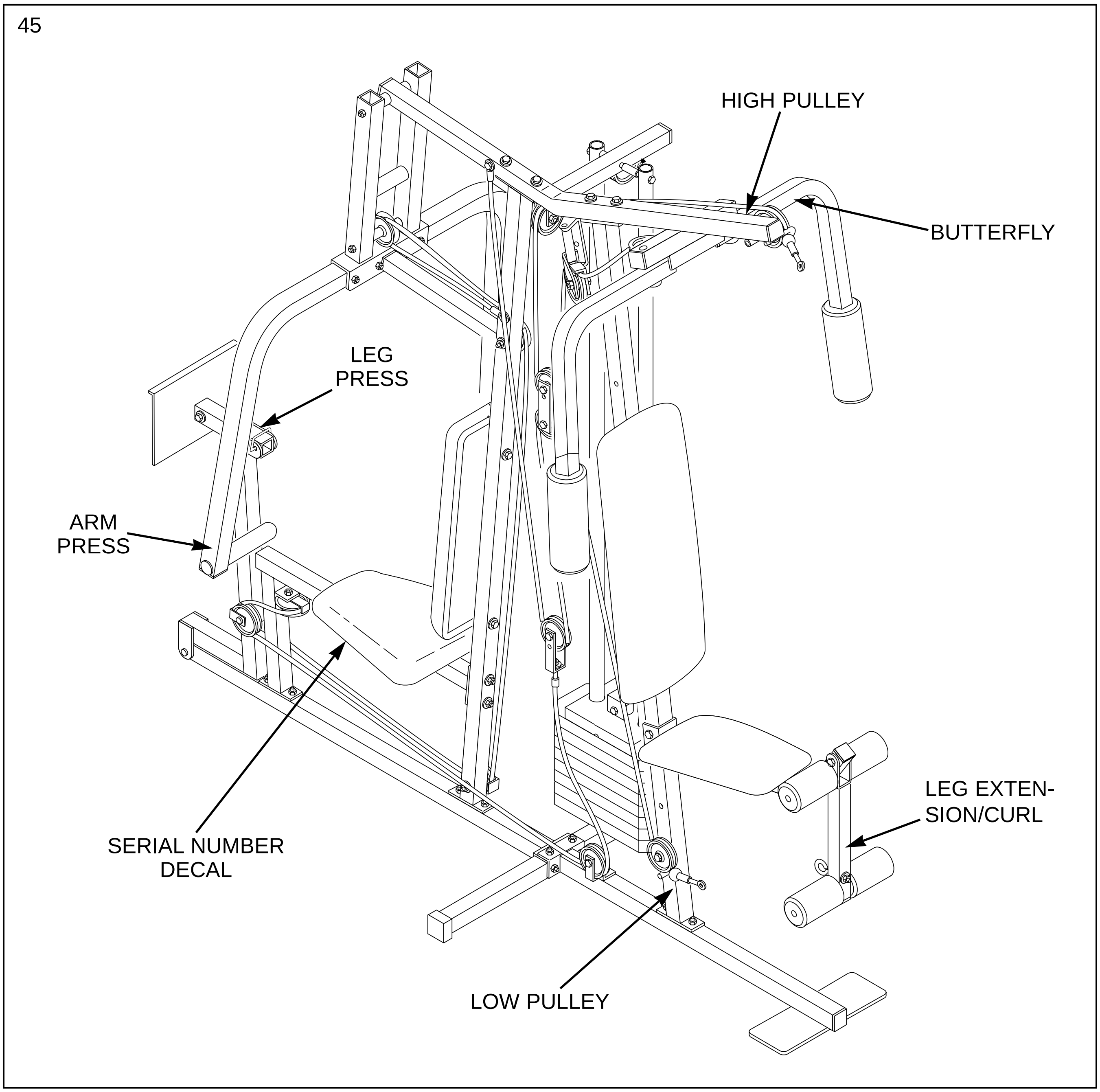


44. Attach the Adjustment Tube (88) to the Leg Press Arm (89) with the Small Lock Pin (90).

Make sure the Leg Press Plate (87) is oriented as shown.



45. Remove the decals from the decal sheets (not shown) and apply them to the home gym system in the locations shown in the illustration below.

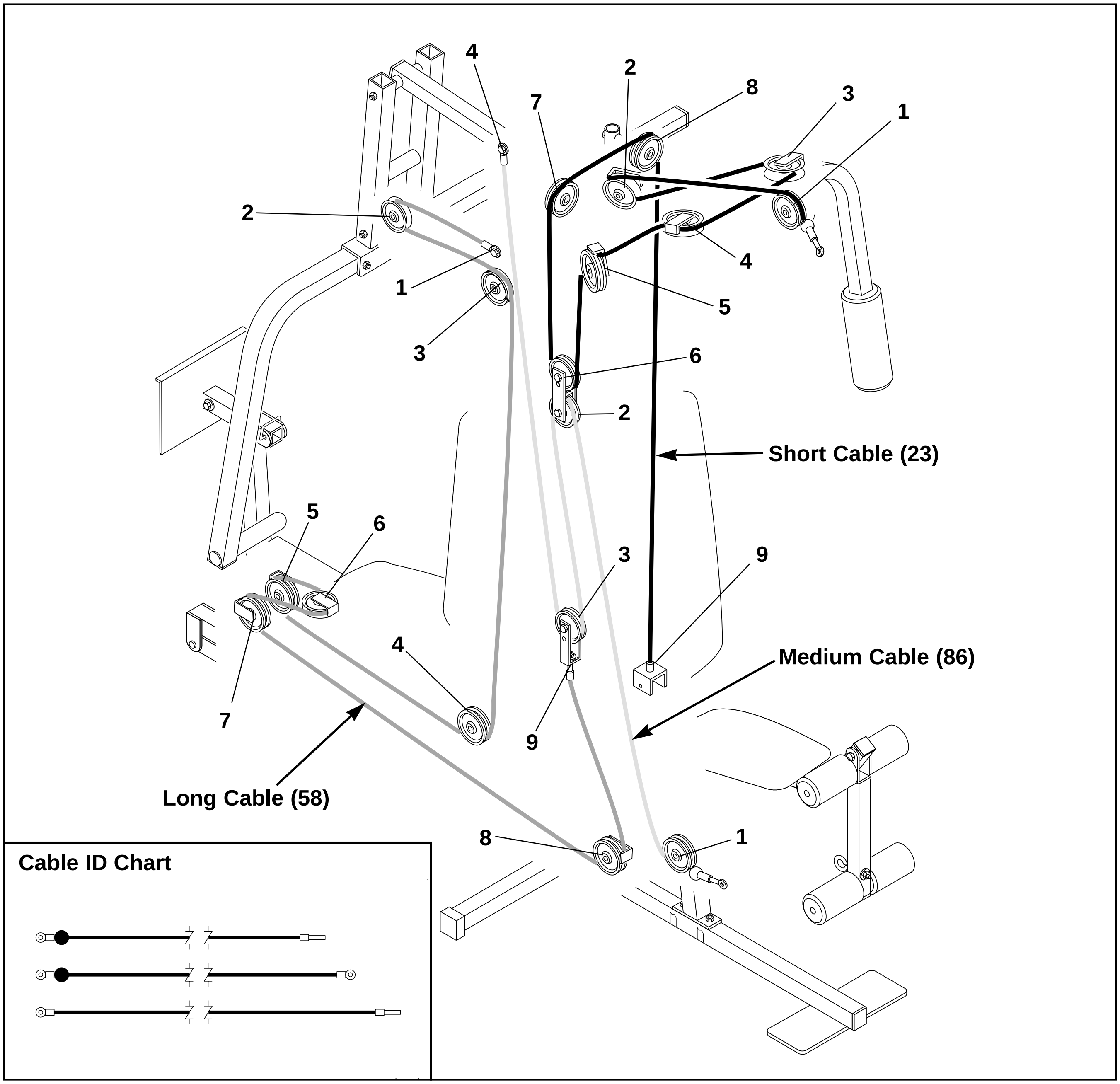


46. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 20 of this manual.

Before using the home gym system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 22.**

Cable Diagram

The Cable Diagram below shows the proper routing of the Short Cable (23), the Medium Cable (86) and the Long Cable (58). The numbers show the correct route for each cable. **Make sure the Cables are routed correctly, that the Pulleys move smoothly and that the Cable Traps do not touch or bind the Cables. Incorrect cable routing can damage the weight system.**

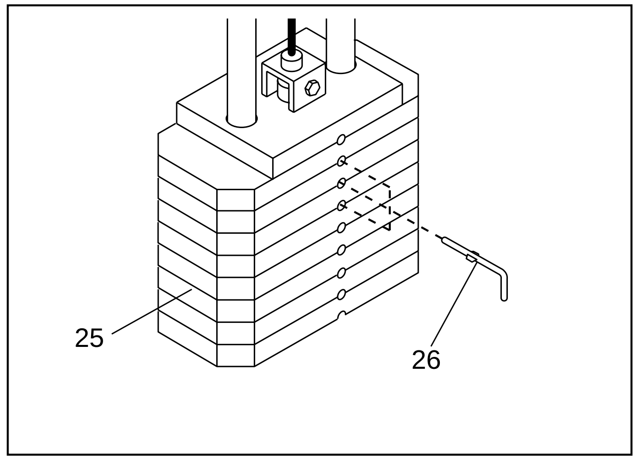


Adjustment

The instructions below describe how each part of the home gym system can be adjusted. Refer to the exercise poster accompanying this manual to see how the home gym system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

Changing the Weight Setting

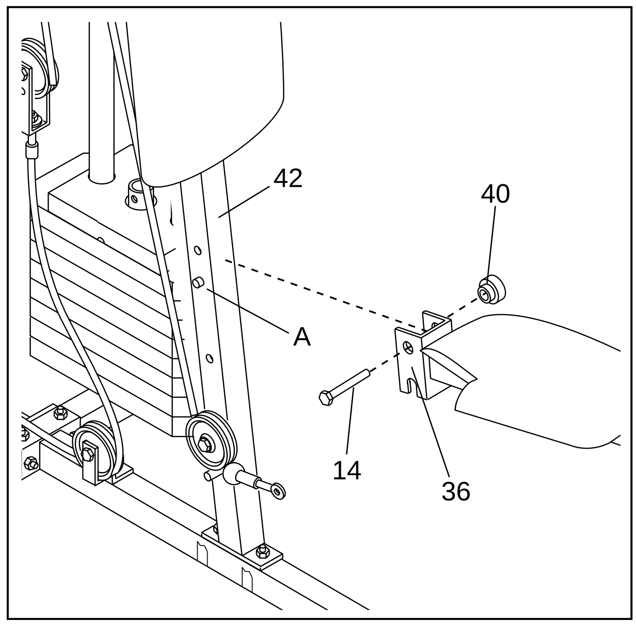
To change the weight setting of the weight stack, insert a Weight Pin (26) under the desired Weight (25). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6.5 pounds to 106.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 23 to find the approximate amount of resistance at each weight station.**



Attaching and Removing the Butterfly Seat

Set the bracket on the Butterfly Seat Frame (36) onto the indicated pins on the Butterfly Upright (42). Attach the Butterfly Seat Frame to the Butterfly Upright with the 5/16” x 2 3/4” Carriage Bolt (14) and the Seat Knob (40).

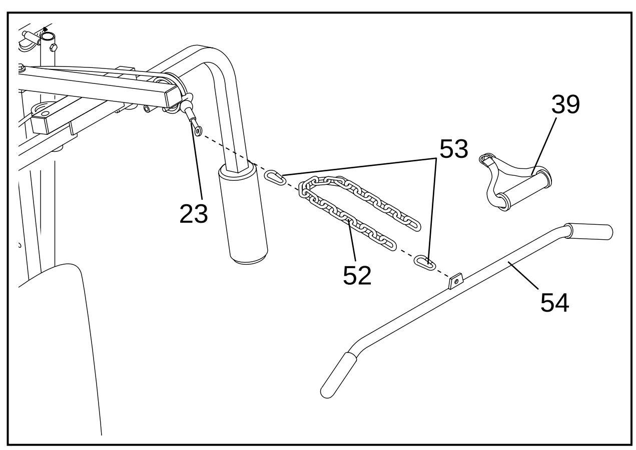
For some exercises, the Butterfly Seat Frame (36) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the 5/16” x 2 3/4” Carriage Bolt (14) from the Seat Frame. Lift the Seat Frame off the Butterfly Upright (42).



Attaching the Lat Bar or Nylon Strap to the High Pulley Station

Attach the Lat Bar (54) to the Short Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Medium Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Medium Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

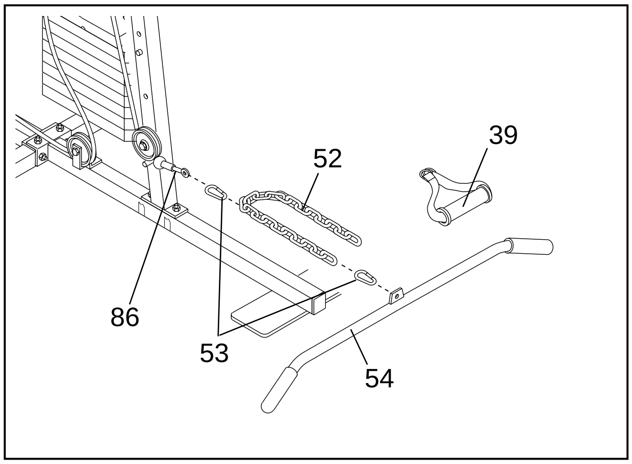
The Nylon Strap (39) can be attached in the same manner.



Attaching the Lat Bar or Nylon Strap to the Low Pulley Station

Attach the Lat Bar (54) to the Medium Cable (86) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

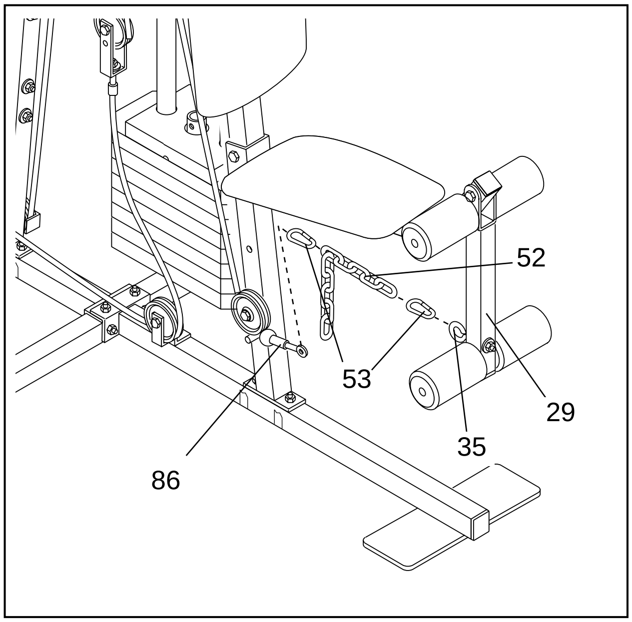
The Nylon Strap (39) can be attached in the same manner.



Attaching the Leg Lever to the Low Pulley Station

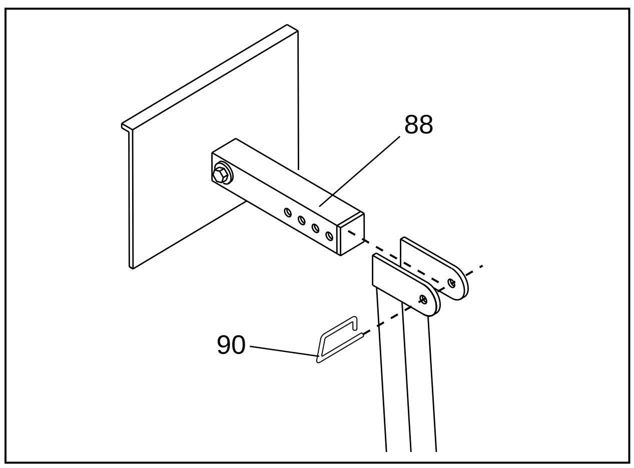
To use the Leg Lever (29), the seat must be attached to the Butterfly upright (see ATTACHING AND REMOVING THE BUTTERFLY SEAT on page 20).

Attach one end of the Chain (52) to the Medium Cable (86) with a Cable Clip (53). Attach the other end of the Chain to the Eyebolt (35) with a Cable Clip. **Always remove the Chain (52) from the Eyebolt (35) before removing the seat.**



Adjusting the Position of the Foot Plate

To adjust the position of the foot plate, pull out the Small Lock Pin (90). Move the Adjustment Tube (88) to the desired position and re-insert the Lock Pin.



Weight Resistance Chart

This chart shows the approximate weight resistance at each station. "Top" refers to the 6.5 lbs. top weight. The other numbers refer to the 12.5 lbs. weight plates. Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.

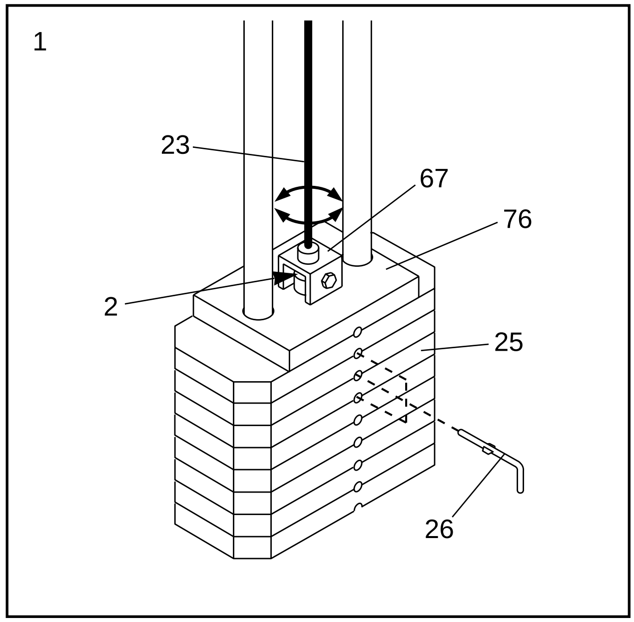
Weight Plates	Press Arm (lbs.)	Butterfly Arm (lbs.)	High Pulley (lbs.)	Leg Lever (lbs.)	Leg Press (lbs.)	Low Pulley (lbs.)
Top	19	5	7	7	31	7
1	41	10	20	17	74	17
2	62	23	30	30	115	30
3	84	32	40	43	146	43
4	108	38	53	58	183	58
5	131	43	65	68	220	68
6	168	48	76	83	283	83
7	195	51	87	95	334	95
8	225	60	98	107	395	107

Trouble-shooting and Maintenance

Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

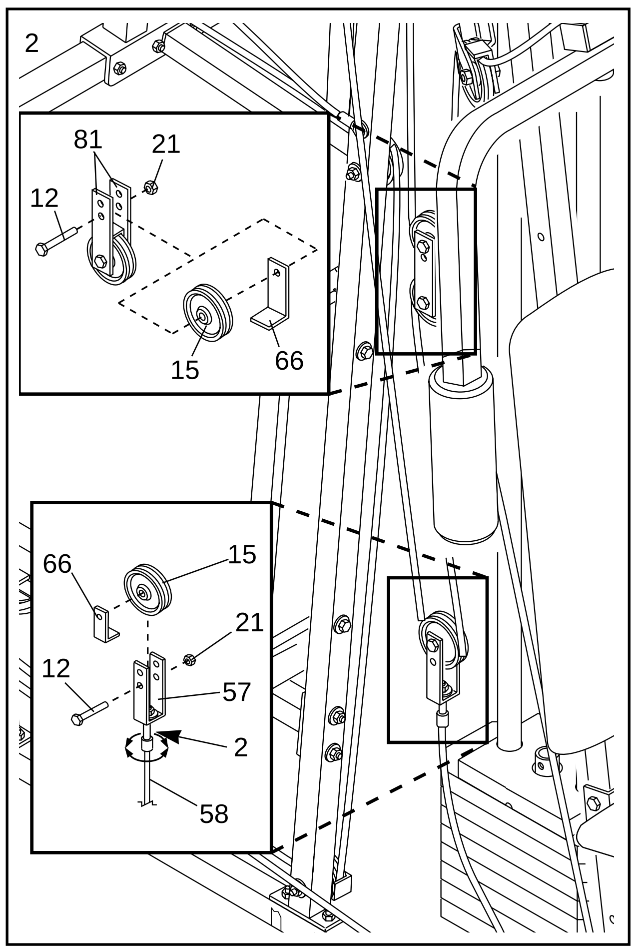
Tightening the Cables

Woven cable, the type of cable used on the home gym system, can stretch slightly when it is first used. If there is slack in the Cables before resistance is felt, the Cables should be tightened. Insert the Weight Pin (26) under one of the indicated Weights (25). Slack can be removed from the Cables by tightening the 1/4” Nylon Locknuts (2) at the end of the Short Cable (23) (see drawing 1) and at the end of the Long Cable (58) (see drawing 2). To do this you may need to remove the Small “U”-Bracket (67) from the Weight Tube (not shown) or remove the 3 1/2” Pulley (15) from the Long “U”-Bracket (57). Make sure that the Cables are not too tight or the Top Weight (76) will be lifted off the weight stack.



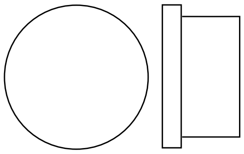
Additional slack can be removed by moving the 3 1/2” Pulley (15) to the other hole in the “I”-Brackets (81) as shown in the upper inset drawing. Remove the 3/8” Nylon Locknut (21) and the 3/8” x 2” Bolt (12) from the Cable Trap (66), Pulley and “U”-Bracket. Re-attach the Pulley and Cable Trap. Be sure that the Cable trap is in the proper position and that the Cable and Pulley move smoothly.

Slack can also be removed by moving the 3 1/2” Pulley (15) to the other hole in the Long “U”-Bracket (57) as shown in the lower inset drawing. Remove the 3/8” Nylon Locknut (21) and the 3/8” x 2” Bolt (12) from the Cable Trap (66), Pulley and “U”-Bracket. Re-attach the Pulley and Cable Trap. Be sure that the Cable trap is in the proper position and that the Cable and Pulley move smoothly.

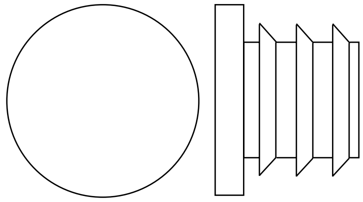


Note: If a Cable tends to slip off the Pulleys often, the Cable may have become twisted. Remove the Cable and re-install it.

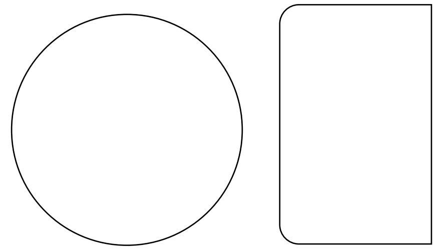
If the Cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



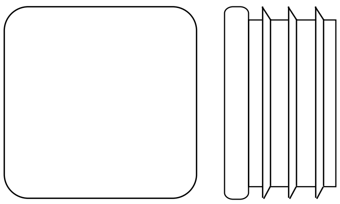
3/4" Round Inner Cap (34)



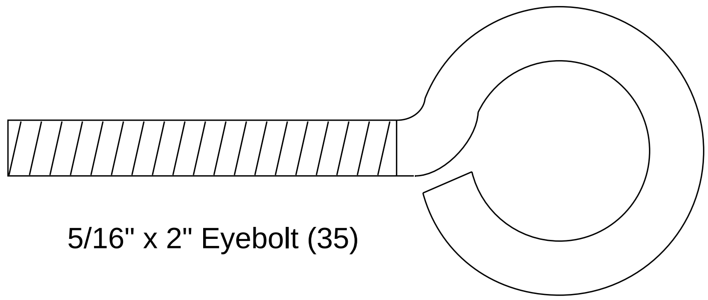
1" Round Inner Cap (49)



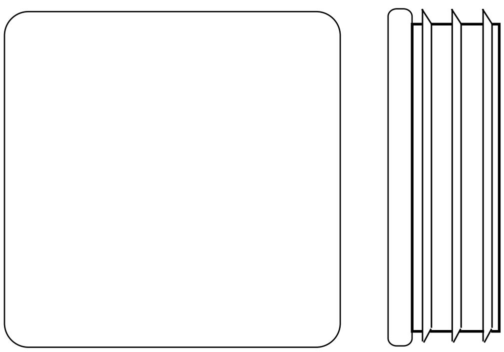
1" Round Cover Cap (70)



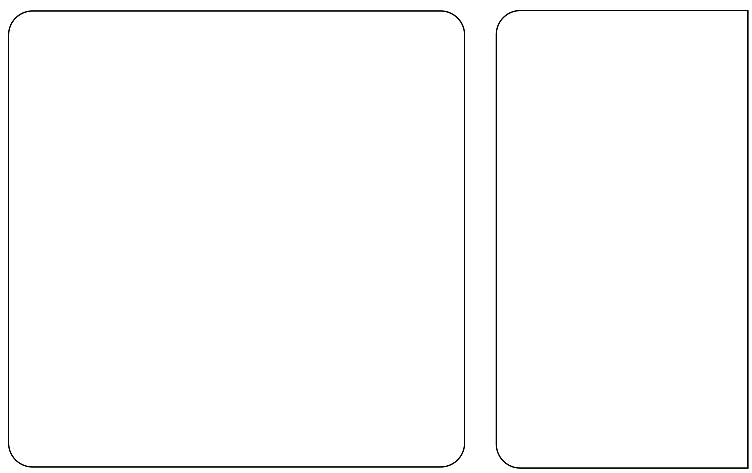
1" Square Inner Cap (65)



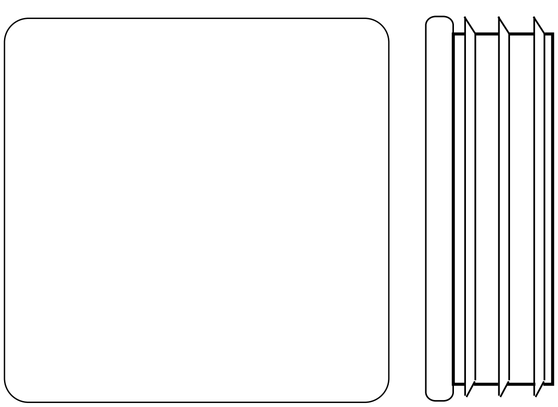
5/16" x 2" Eyebolt (35)



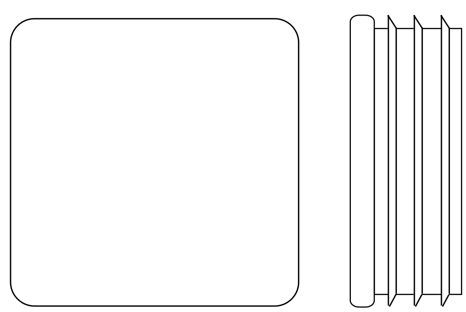
1 3/4" Square Inner Cap (44)



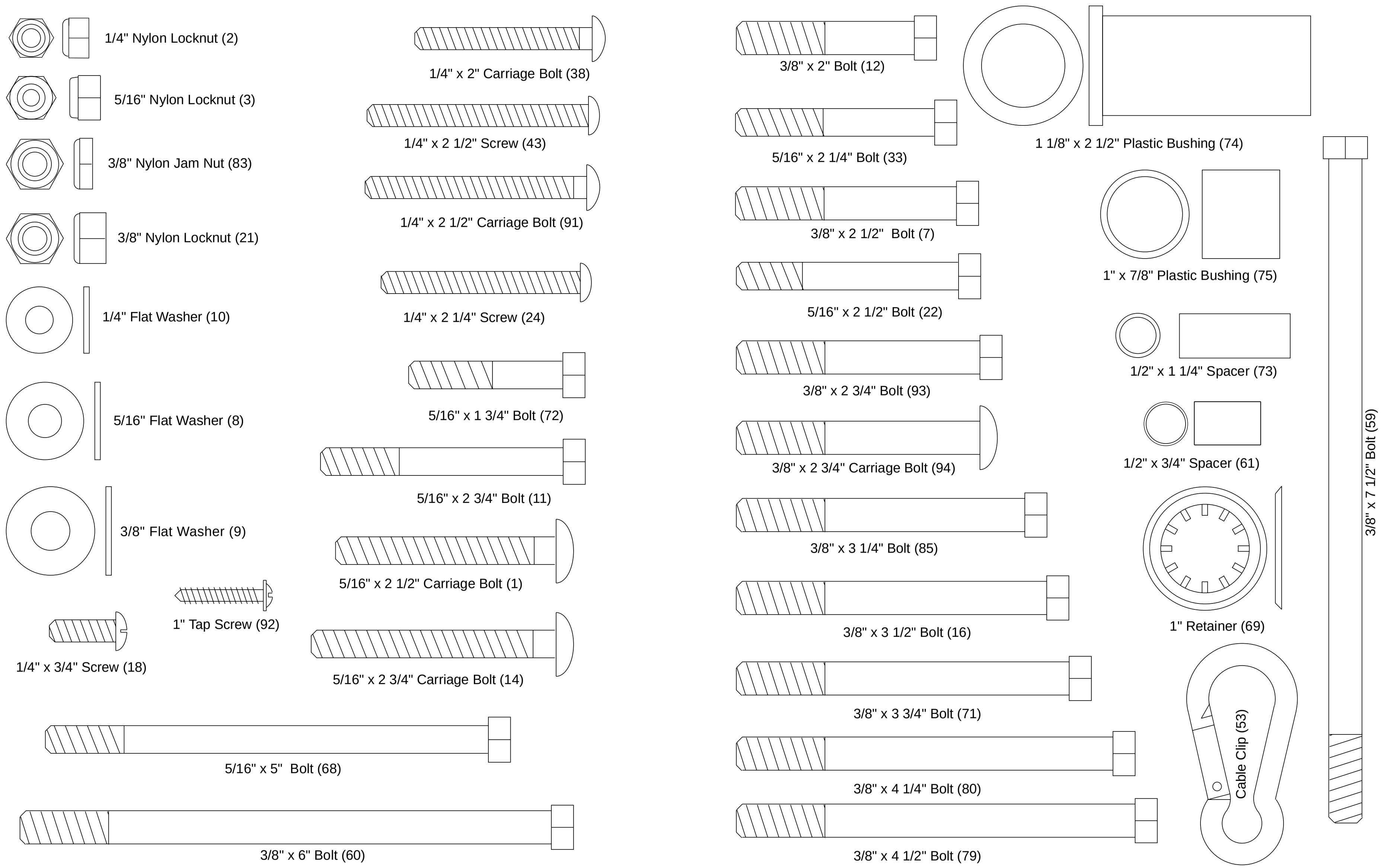
2" Square Cover Cap (78)



2" Square Inner Cap (27)



1 1/2" Square Inner Cap (32)


1/4" Nylon Locknut (2)
5/16" Nylon Locknut (3)
3/8" Nylon Jam Nut (83)
3/8" Nylon Locknut (21)
1/4" Flat Washer (10)
5/16" Flat Washer (8)
3/8" Flat Washer (9)
1" Tap Screw (92)
1/4" x 3/4" Screw (18)
1/4" x 2" Carriage Bolt (38)
1/4" x 2 1/2" Screw (43)
1/4" x 2 1/2" Carriage Bolt (91)
1/4" x 2 1/4" Screw (24)
5/16" x 1 3/4" Bolt (72)
5/16" x 2 3/4" Bolt (11)
5/16" x 2 1/2" Carriage Bolt (1)
5/16" x 2 3/4" Carriage Bolt (14)
5/16" x 5" Bolt (68)
3/8" x 6" Bolt (60)
3/8" x 2" Bolt (12)
5/16" x 2 1/4" Bolt (33)
3/8" x 2 1/2" Bolt (7)
5/16" x 2 1/2" Bolt (22)
3/8" x 2 3/4" Bolt (93)
3/8" x 2 3/4" Carriage Bolt (94)
3/8" x 3 1/4" Bolt (85)
3/8" x 3 1/2" Bolt (16)
3/8" x 3 3/4" Bolt (71)
3/8" x 4 1/4" Bolt (80)
3/8" x 4 1/2" Bolt (79)
1 1/8" x 2 1/2" Plastic Bushing (74)
1" x 7/8" Plastic Bushing (75)
1/2" x 1 1/4" Spacer (73)
1/2" x 3/4" Spacer (61)
1" Retainer (69)
Cable Clip (53)
3/8" x 7 1/2" Bolt (59)

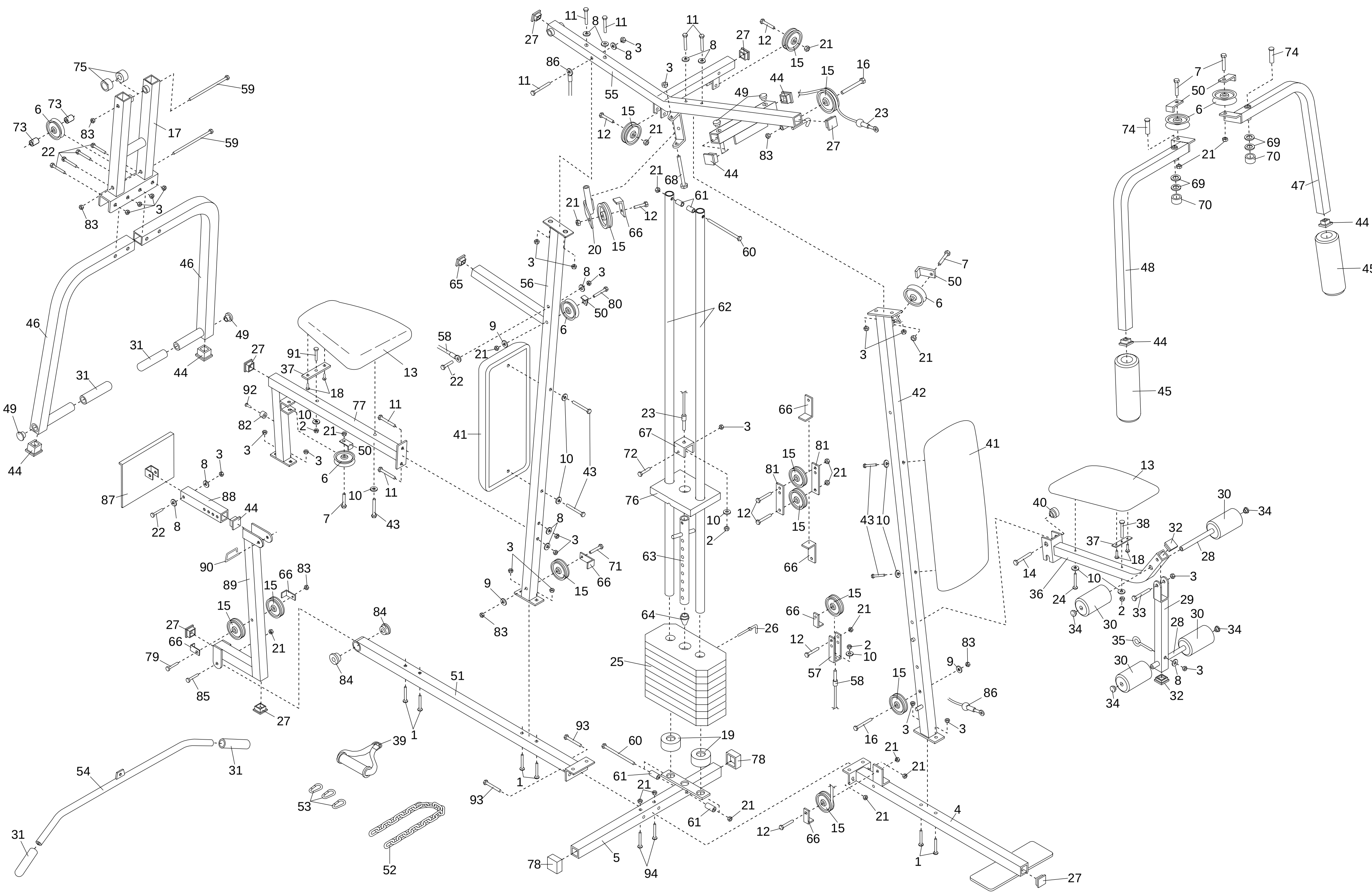
Part List—Model No. 831.159370

R0998A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	6	5/16” x 2 1/2” Carriage Bolt	49	4	1” Round Inner Cap
2	4	1/4” Nylon Locknut	50	5	Long Cable Trap
3	23	5/16” Nylon Locknut	51	1	Press Base
4	1	Butterfly Base	52	1	Chain
5	1	Stabilizer	53	3	Cable Clip
6	6	“V”-Pulley	54	1	Lat Bar
7	4	3/8” x 2 1/2” Bolt	55	1	Top Frame
8	11	5/16” Flat Washer	56	1	Press Upright
9	3	3/8” Flat Washer	57	1	Long “U”-Bracket
10	10	1/4” Flat Washer	58	1	Long Cable
11	7	5/16” x 2 3/4” Bolt	59	2	3/8” x 7 1/2” Bolt
12	7	3/8” x 2” Bolt	60	2	3/8” x 6” Bolt
13	2	Seat	61	4	1/2” x 3/4” Spacer
14	4	5/16” x 2 3/4” Carriage Bolt	62	2	Weight Guide
15	12	3 1/2” Pulley	63	1	Weight Tube
16	1	3/8” x 3 1/2” Bolt	64	1	Weight Tube Bumper
17	1	Press Frame	65	1	1” Square Inner Cap
18	4	1/4” x 3/4” Screw	66	8	Cable Trap
19	2	Weight Bumper	67	1	Small “U”-Bracket
20	1	Pulley Bracket	68	1	5/16” x 5” Bolt
21	19	3/8” Nylon Locknut	69	4	1” Retainer
22	5	5/16” x 2 1/2” Bolt	70	2	1” Round Cover Cap
23	1	Short Cable	71	2	3/8” x 3 3/4” Bolt
24	1	1/4” x 2 1/4” Screw	72	1	5/16” x 1 3/4” Bolt
25	8	Weight	73	2	1/2” x 1 1/4” Spacer
26	1	Weight Pin	74	2	Plastic Bushing
27	7	2” Square Inner Cap	75	2	1” x 7/8” Plastic Bushing
28	2	Pad Tube	76	1	Top Weight
29	1	Leg Lever	77	1	Press Seat Frame
30	4	Foam Pad	78	2	2” Square Cover Cap
31	4	Hand Grip	79	1	3/8” x 4 1/2” Bolt
32	2	1 1/2” Square Inner Cap	80	1	3/8” x 4 1/4” Bolt
33	1	5/16” x 2 1/4” Bolt	81	2	“I”-Plate
34	4	3/4” Round Inner Cap	82	1	Bumper
35	1	5/16” x 2” Eyebolt	83	5	3/8” Nylon Jam Nut
36	1	Butterfly Seat Frame	84	2	Leg Press Bushing
37	2	Seat Plate	85	1	3/8” x 3 1/4” Bolt
38	1	1/4” x 2” Carriage Bolt	86	1	Medium Cable
39	1	Nylon Strap	87	1	Leg Press Plate
40	1	Seat Knob	88	1	Adjustment Tube
41	2	Backrest	89	1	Leg Press Arm
42	1	Butterfly Upright	90	1	Lock Pin
43	5	1/4” x 2 1/2” Screw	91	1	1/4” x 2 1/2” Carriage Bolt
44	7	1 3/4” Square Inner Cap	92	1	1” Tap Screw
45	2	10” Pad	93	2	3/8” x 2 3/4” Bolt
46	2	Press Arm	94	2	3/8” x 2 3/4” Carriage Bolt
47	1	Left Butterfly Arm	#	1	User’s Manual
48	1	Right Butterfly Arm	#	1	Exercise Poster

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

Exploded Drawing—Model No. 831.159370 R0697A



Ordering Replacement Parts

SEARS

QUESTIONS?

If you find that:

- **you need help assembling or operating the WEIDER® PRO 9628 Home Gym System**
- **a part is missing**
- **or you need to schedule repair service**

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART
(1-800-366-7278)

The model number and serial number of your WEIDER® PRO 9628 Home Gym System are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.159370).
- The NAME of the product (WEIDER® PRO 9628 Home Gym System).
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST/EXPLODED DRAWING at the center of this manual).

Full 90 Day Warranty

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT SYSTEM EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT SYSTEM EXERCISER, free of charge.

This warranty does not apply when the WEIGHT SYSTEM EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

Part No. 147567 H01572-A R0998A